

CROSS TRAINING – ESSENTIALS 2, CLASS 4

SPENDING QUALITY TIME WITH GOD DAILY

“Your personal, daily, devotional time is the most important part of your day. If you fail there, you will fail everywhere else also.” - Ravi Zacharias

1. **Your personal time with God, each day, affects all other parts of your life.** All relationships require fellowship, time spent together. Your relationship with God is no different.

- a. Many people have a very hard time making a quality, daily quiet time a habit.
- b. This is vital for your Christian walk and every other aspect of your life.
- c. Jesus spent time with the Father regularly; this was the source for all that He did.

Verses: Jer.30:21b – “...for **who is he who will devote himself to be close to me?**”
- God speaking.

Ps.5:3 – “In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.”

Ps.42:1-2 – “As the deer pants for streams of water so my soul pants after you, O God. My soul thirsts for God, for the living God. **When can I go meet with God?**”

Mat. 14:23 – “...He (Jesus) went up on a mountainside, by Himself, to pray...”

Luke 5:16 – “But Jesus often withdrew to lonely places and prayed.”

Jn.15:5 – “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”

Remember: Your daily time with God is vital to experiencing the victorious Christian life. It is the most important part of walking in the Spirit (keeping Christ on the throne). If you don't spend quality time with God, regularly, you will lack the fruit of the Spirit in your life, you will be frustrated and unfulfilled, you will not be able to accomplish your God given calling in life and the victorious Christian life, the abundant life, will never become a reality for you. Choose to devote yourself to be close to Him (Jer.30:21).

2. **Components of a quality, quiet time.** There are three main areas vital to your QT.
 - a. **Praise and worship**, not necessarily singing (Ps.92:1-2, 63:all, Mat.10:38-42). Spend time focusing on and magnifying Him.
 1. Confess all known sin (1Jn.1:9, Ps.51).
 2. Spend time putting God in His rightful place of authority in your life (Ps.18:30-31).
 3. Exalt Him in prayer; tell Him what he means to you (Ps.34:1-3).
 4. Thank Him (Ps.118:1, 136:1-3).
 - b. **Reading the Word** (Ps.119: all, Heb.4:12, James 1:21). Pray and ask the Holy Spirit to illuminate what you read.
 1. Read the Word (Ps.119:28).
 2. Meditate on the Word (Ps.1:2-3, 119:15-16).
 3. Study the Word (Ps.119:130, 2Tim.2:15, 1Peter 1:13).
 4. Memorize the Word (Ps.119:11).
 - c. **Prayer** (Mat. 26:41, Mark 1:35, Luke 5:16, Phil.4:6-7, James 5:15-16).
 1. Make requests known to God (Mt.7:7).
 2. Intercede (Eph.6:18). Have a top ten list or prayer journal.

Remember: Your quiet time should include three main parts: ¹a time where you focus on God and establish His authority in your life, ²a time spent in the Word (reading, meditating on, studying and memorizing) and ³a time spent in prayer.

3. **Prepare for your time with Jesus.**
 - a. **Schedule it.** If your quiet time is not scheduled it will very likely be cut short, interrupted or forgotten. When we get busy our quiet time often becomes the first thing to go. Make your time with God your highest priority.
 - b. **Allow sufficient time.** Quality quiet times require time. If you rush through your time with God it will become religious, boring and unfruitful.
 - c. **Be alert.** Do whatever it takes to be 100% alert during your quiet time. Some possible ways of making sure you're alert:
 1. Get plenty of sleep the night before (go to bed early enough to make sure you'll have enough rest).
 2. Have your quiet time away from bed (not under your covers).
 3. Take a shower.
 4. Drink coffee or tea, have breakfast.
 5. Do whatever it takes to be alert during your quiet time.
 - d. **Have someone keep you accountable.** Set up a system. One idea is to find someone who can call you (or someone you can call) every morning to remind you.
 - e. **Be alone.** Spend your time with God alone, between you and Him only. Jesus did this (Mat.14:23).
 - f. **Have a distraction free place.** Have your quiet times in a distraction free place (not in the cafeteria or coffee shop), where you will be able to focus on God without interruption. Jesus did this also (Luke 5:16).

Remember: Schedule your quiet time, allow sufficient time for it, be alert, be accountable, be alone and be in a distraction free place. If you follow these guidelines you will ensure that you get the most out of every quiet time you have.

4. **Keep a journal of some sort.** Don't forget what God is teaching you and showing you. Don't forget the prayers He answers.

Summary: Spending quality time with God, daily, is the most vital part of a relationship with God. By applying the principals learned today, you can experience truly fulfilling quiet times.

Devote yourself to be close to Him.

Application Points (start applying this principal now).

1. **Think about and write how having a daily quiet time will affect your relationship with God.**

2. **How will having a daily quiet time affect your relationships with others (include what changes it will produce in how you treat others - i.e. your spouse, children, friends, etc.)?**

3. **How will having a daily quiet time affect how you view and participate in the Great commission (what influence will it have on how you reach the lost)?**