

## DISCOVERING SPIRITUAL MATURITY

**1 Timothy 4:7 (ESV)** ... *train yourself for godliness;*

"Sow a thought, reap an act.

Sow an act, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny."

### HOW TO BEGIN A DAILY QUIET TIME

**1. SELECT A SPECIFIC \_\_\_\_\_.**

The best time is when I am at my \_\_\_\_\_!

Whatever time you set, \_\_\_\_\_.

### HOW LONG SHOULD A QUIET TIME BE:

#### FIRST FIVE WITH BRODY

Start with \_\_\_\_\_ minutes and let it grow.

Don't watch the \_\_\_\_\_!

Emphasize \_\_\_\_\_, not \_\_\_\_\_!

**2. SELECT A SPECIFIC \_\_\_\_\_.**

**Luke 22:39 (ESV)** *And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him.*

**Mark 1:35 (ESV)** *And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*

**3. SELECT AND GATHER THE \_\_\_\_\_ YOU'LL NEED.**

1. Bible -
2. Pen
- 3 Pencil or highlighter
4. Notebook
5. Small Notebook

**4. SELECT AND FOLLOW A SIMPLE \_\_\_\_\_**

**"TIME WITH GOD"**  
(A Plan To Get You Started)

**1. \_\_\_\_\_ . (1 Minute)**

Be still and quiet! Slow down! Prepare your heart.  
Take a few deep breaths and wait on God.

**2. \_\_\_\_\_ . (4 Minutes)**

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

**3. \_\_\_\_\_ . (4 Minutes)**

See the section on "How To Meditate"

You may use the S.P.A.C.E.P.E.T.S. or any of the 6 methods of meditation. Think about what the passage means to your life.

Write

down your thoughts. Part of reflecting is *memorizing* verses that speak to you in a special way.

See the section on : "How To Memorize"

**4. \_\_\_\_\_ . (2 Minutes)**

See the section on "How To Apply the Scriptures".

Write out a personal application statement that is personal, practical and provable (measurable).

*"Thoughts disentangle themselves when they pass through the lips and the fingertips."*

**5. \_\_\_\_\_ . (4 Minutes)**

Conclude our Quiet Time by talking to God about what He has shown you and praying as the scriptures have guided your thoughts.

III.

HOW TO OVERCOME THE CHALLENGES TO YOUR QUIET TIME

1. THE PROBLEM OF \_\_\_\_\_  
(*"The Battle of the Blankets"*)

Suggestions

1. Go to bed \_\_\_\_\_.
2. Get up \_\_\_\_\_.
3. Be aware of quiet time \_\_\_\_\_.
4. Fall asleep with \_\_\_\_\_.

2. THE PROBLEM OF \_\_\_\_\_  
(*"The Battle of Beguilement"*)

Suggestions

- Get out of \_\_\_\_\_.
- Get thoroughly \_\_\_\_\_.
- Read and pray \_\_\_\_\_.
- \_\_\_\_\_ during your prayer time.
- Keep a \_\_\_\_\_.

3. THE PROBLEM OF \_\_\_\_\_  
(*"The Battle of the Blahs"*)

Never judge your quiet time by your \_\_\_\_\_.

### Possible Causes of Spiritual Dryness

1. Your physical condition.
2. Disobedience to God.
3. Rushing your quiet time.
4. Getting in a rut.
5. Not sharing insights with others.

#### 4. THE PROBLEM OF \_\_\_\_\_

##### *("The Battle of Breaking")*

Your greatest problem will be your struggle to stay consistent.

##### Suggestions

1. Make a covenant or vow to God.
2. Schedule it on your daily calendar.
3. Be prepared for Satan's excuses.
4. Leave your Bible open at night to the passage for the next day!

##### What if I miss a day?

Don't \_\_\_\_\_.

Don't \_\_\_\_\_.

Don't \_\_\_\_\_.

*Galatians 6:9 (ESV) And let us not grow weary of doing good, for in due season we will reap, if we do not give up.*

##### A PRAYER OF COMMITMENT

"Father, I realize that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death. I know that daily fellowship with You is to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent. In Jesus' name, Amen."