

Draw Near With Me, Go Far Together: *Building & Teaching a Close Walk With God*

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Quiet Time in Prayer

What is a “quiet time”?

We generally use the term “quiet time” to refer to the spiritual practice of taking some specific time during the day to pray and/or read the Bible, taking time to focus on one’s relationship with God. *It is not the same as the relationship itself, much like having “quality time” with one’s spouse or children is not the same as the relationships themselves, rather such times serve to deepen and enhance those relationships.*

Jesus often spent quality time with God (e.g., Mark 1:35). Jesus’ relationship with his Father was deep and constant and he frequently spoke of doing and saying what his Father did (e.g., John 8:25-30). Jesus had a deep and thorough knowledge and understanding of the Bible from a very early age (e.g., Luke 2:41-52, Matthew 5-7, Matthew 22: 23-33) and clearly spent consistent time learning it, thinking about it, and applying it to his life (e.g., Matthew 4:1-17, Luke 4:1-12).

Our goals as disciples (i.e., followers/students) of Jesus are to be able to have a similar, if not the same, type of relationship to God as he did (John 17:20-23). We should also spend regular time with God, becoming deeply steeped in Scripture and able to use God’s word and apply it to our lives and ministries as we spend time learning it, reflecting on its meaning, and applying it in various ways (2 Timothy 3:16-17).

The simplest type of “quiet time” is prayer. Prayer just means talking to God. It’s that

simple. There aren't any rules for prayer.

The Psalms, for example display the full range of human emotion and expression toward God, both good and bad. They are wonderful examples of how to pray and spiritual men and women have used the Psalms in prayer for thousands of years. We can express ourselves fully with God. We can tell him anything, because he knows us fully.

Spending time with God is part of a relationship, not a legalistic duty to be performed. Out of love, we *want* to spend time with God. We don't always have to say anything...there are ways to pray which consist of simply *being* with God.

Prayer is simply talking to God, expressing your thoughts, feelings, and desires and sharing them with your Father in heaven. There are limitless ways to pray, to express oneself to God, and to listen to God's response.

A good practice is to glorify God in prayer...to reflect on the character of God in prayer. Spending time reflecting on God himself draws us closer to God.

We can spend time saying a standard or rote prayer such as the "Our Father" prayer given as an exemplar and pattern of prayer to his followers by Jesus (Matthew 6:9-15, Luke 11:1-13).

Intercessory prayer is praying for other people, for their needs and wants and healing and benefit. We can and should pray constantly for other people...immediately...as soon as we become aware of the needs.

We can learn to pray immediate, quick, "Nehemiah prayers" (Neh 2:1-5) constantly throughout the day until "in everything by prayer and supplication with thanksgiving... [our]...requests [are] made known to God." (Philippians 4:4-7).

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