



How To Guide: Quiet Time

Introduction:

The Gospels reveal that Jesus prioritized regular rhythms of retreat, Sabbath, and quiet time. These rhythms gave him focused time to rest, pray and have special communion with the Father and the Spirit. This lifestyle was a mark of the Spirit-filled life of Jesus and fueled the fruit that flowed from him.

This guide is meant to equip you to enjoy a daily quiet time. The habit of a quiet time will help you feast on the bread of His Presence and the satisfy your thirst with wine of His Spirit in your daily life.

Quiet Times In The Life of Jesus:

We see this habit of quiet time exemplified throughout the life of Jesus:

Luke 5.16 notes:

But Jesus often withdrew to lonely places and prayed.

I love this passage because it gives us insight into the way Jesus lived. Luke uses carefully chosen wording:

- **Often-** This was not a one-time occurrence, but was a habitual part of Jesus's life.
- **Withdrew to Lonely Places-** He withdrew from the busyness of life and the presence of others.

- **Prayed**- It was more than time alone, it was intentional time with His Heavenly Father and with the Spirit.

The Gospel of Mark highlights Jesus' inside-out rhythm of life. Nine times Mark gives examples of Jesus going on spiritual retreat either alone with the Father or joined by his disciples. Because of his nourishing time of abiding with the Father Jesus was able to bear tremendous fruit for the kingdom. - Bill Gauthier, Soul Shepherding

Quiet Times In Jesus's Disciples:

From this example, he taught his disciples to follow the same pattern:

Matthew 6.5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

Here he hits on similar notes that his disciples were to follow:

- **When** - Jesus didn't use the word "If" as if this was optional for his disciples. He used "when" meaning that this was to be a part of the life of his people.
- **Go into your room and close the door** - This statement is a contrast to being in public. This was time to step away from the busyness of life and the presence of others.
- **Pray** - This was time to commune with God.

Whether in the loneliness of the wilderness or the quiet of the closet, Jesus modeled and taught his disciples to build a habit of withdrawing to be alone with God.



Following Jesus's example of regularly withdrawing, resting and being with the Lord creates space in our lives for Christ feed us, nourish us, heal us and replenish us with the bread of His Presence and the Wine of His Spirit.

Saints From Church History:

Jeanne Guyon was born in the 1600s in France. Her life was marked by suffering and spiritual hunger and thirst in the midst of suffering.

She married against her will as a 16-year-old. Not only was it a miserable marriage, but her husband passed away and left her as a widow. As if that was not enough, she had two of her children die in infancy.

The pain of life awakened in her a hunger for God. She found satisfaction for that hunger by regularly withdrawing to spend time with the Lord. This habit led to a depth and authenticity in her life with God that had a wide-reaching impact.

From this inside out way of living, even in the midst of her pain, God began to impact those around her. Eventually, she became a mentor to a French archbishop. The government feared her spiritual influence and imprisoned her. Even from prison, her writings on prayer were circulated widely. Notable Christian movements like the Moravians, Watchman Nee among the Chinese, and John Wesley and the Methodist Movement looked to her as a mentor.

John Wesley noted, *“Guyon is the greatest Christian to rise since the first century....How few such instances do we find of exalted love to God, and our neighbor; of genuine humility; of invincible meekness and unbounded resignation.”*

And all of this flowed from the simple habit of withdrawing to be alone with God.

Putting It Into Practice:

We want to put quiet times into practice. Prayerfully consider these steps to help you experience the power of the Lord in your quiet times.

Scripture To Memorize:

This is a powerful scripture to tattoo on your mind and heart about quiet times.

Isaiah 55.1-3 “Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. Give ear and come to me; listen, that you may live.

Scriptures To Meditate On:

These are ten awesome scriptures on God's Presence and the power of quiet times to marinate your heart and mind in:

John 6.35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 15.5-9 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. As the Father has loved me, so have I loved you. Now remain in my love."

Psalms 16.11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Proverbs 2.1-5 My son, if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding— indeed, if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God.

Matthew 11.28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

For my yoke is easy and my burden is light."

Revelation 3.17-20 You say, 'I am rich; I have acquired wealth and do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked. I counsel you to buy from me gold refined in the fire, so you can become rich; and white clothes to wear, so you can cover your shameful nakedness; and salve to put on your eyes, so you can see. Those whom I love I rebuke and discipline. So be earnest and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.

1 Peter 2.1-3 Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.

Psalm 62.1-2,5-8 Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.... Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Exodus 33.11 The Lord would speak to Moses face to face, as one speaks to a friend.

2 Corinthians 3.17-18 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Action To Take:

Whether it be your literal closet, an early morning coffee shop, a walk outside, or some other way, get started by finding a space where you can focus on connecting with the Lord.

One question people often ask is, "How much time should quiet time be?" Our encouragement to you is to start with an amount of time you can be consistent with, even if that starts with 15 minutes. As you become consistent, consider extending your time to 30 minutes, an hour, or even more.

Here are some recommended ingredients for your quiet time. The Holy Spirit wants to feed and nourish you through:

- Gratitude
- Scripture
- Worship
- Prayer

We have developed guides to go deeper on each of these elements. They can be found at [EncounterJesus.Life/resources](https://www.EncounterJesus.Life/resources)