**Quiet Time Quick guide**

Just as Jesus went to a “solitary place” to meet with his Father (Mark 1:35), so a disciple should daily pull away, from the busyness of Life for a quiet time, a personal rendezvous with the Lord and Savior. –Greg Ogden

**What is Quiet Time?**

* A daily quiet time is a private meeting each day with God between a disciple and the Lord.
* It should not be impromptu.
* We can have many spur-of-the-moments with the Lord each day, but a quiet time is a period of time we set aside in advance for the sole Purpose of a personal meeting with our Lord and Savior.

**What Makes up a Quiet Time?**

* **Reading**- intent not just to study but to meet Christ through the written word
* **Meditating-** Reflecting on what we just read to allow biblical truth to begin to saturate our minds, emotions, and wills
* **Praying**- praising, thanking and adoring him, as well as confessing our sins, asking him to supply our needs and interceding for others.

**How to Begin**

1. Self-discipline, bringing yourself to sit down with God
2. Set aside time in advance
3. Plan ahead
4. Make your quiet time truly quiet
5. Pray as you start your time with God
6. Keep a notebook handy
7. Share your plans and goals with a friend

**Tips**

* Start small with time and how much you read
* Devos are a great starting point
* Find a system that works for you
* Be honest with God
* Pray to Him about desires
* Headphones