

How to Have a Quiet Time (Part 1)

by Rick Warren (adapted by M. Nisbet)

Once you're convinced that a daily quiet time is necessary for spiritual growth, how do you go about having one? You may be motivated to do it but may not know how.

Start with the proper attitudes

In God's eyes, why you do something is far more important than what you do.

When you come to meet with God in a quiet time, these attitudes will help you.

•**Expectancy** – Come before God with anticipation and eagerness. Expect to have a good time of fellowship with him and receive a blessing from your time together. That was what David expected: "O God, you are my God, earnestly I seek you" (Psalm 63:1).

•**Reverence** – Don't rush into God's presence, but prepare your heart by being still before the Lord and letting the quietness clear away the thoughts of the world. The prophet Habakkuk said: "The Lord is in his holy temple; let all the earth be silent before him" (Habakkuk 2:20; see also Psalm 89:7).

•**Alertness** – The best preparation for a quiet time in the morning begins the night before. Be thoroughly rested and alert. You are meeting with the Creator of heaven and earth and our creator and Redeemer. God deserves your full attention.

•**Willingness to obey** – Come to meet the Lord having already chosen to do his will no matter what. Jesus said, "If anyone chooses to do God's will he will find out whether my teaching comes from God or whether I speak on my own" (John 7:17).
