

How to Have a Quiet Time (Part 4) by Rick Warren (adapted by M. Nisbet)

Follow a simple plan

Bring study materials, for example:

- A Bible (or more than one - sometimes reading different translations helps with understanding.)
- A notebook for writing down what the Lord shows you, and for making a prayer list.
- A hymn book – to help with your praise time (see Colossians 3:16).

Organize your time

1. **Wait on God** (Relax). "Be still and know that I am God" (Psalm 46:10; see also Isaiah 30:15; 40:31). Be quiet for a short while to put yourself into a reverent mood.

2. **Pray briefly** (Request). Ask God to cleanse your heart and guide you into the time together. You need to be in tune with the Author before you can understand his Book!

3. **Read a section of the Scripture**. Decide how you will choose what you read. One good way is to use the lectionary to give direction and continuity to your study. God speaks to you through the Word, and you speak with him in prayer.

Read your Bible ...

- **Slowly**. Don't be in a hurry; don't try to read too large an amount; don't race through it.
 - **Repeatedly**. Read a passage over and over until you start to picture it in your mind.
 - **Without stopping**. Don't stop in the middle of a sentence to go off on a tangent and do a doctrinal study. Just read that section for the pure joy of it, allowing God to speak to you. Remember that your goal here is not to gain information, but to feed on the Word and get to know Christ better.
 - **Aloud**. Reading it aloud will improve your concentration. It will also help you understand what you are reading better.
 - **Systematically**. Read through a book at a time in an orderly method. Do not use the "random dip" method. You'll understand the Bible better if you read it as it was written – a parable, chapter, or book.
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