

How to Have a Quiet Time (Part 2) by Rick Warren (adapted by M. Nisbet)

Select a specific time

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35 (NIV)

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The specific time means 1) when you should have your quiet time and 2) how long it should be.

The best time is when you are at your best, when you are the freshest and most alert.

Meeting with God tends to become an afterthought if you use your leftover time for it, and you most likely will not last long. Remember, too, that your best time may be different from someone else's.

It was Jesus' own practice to rise early to pray and meet with the Father: "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed" (Mark 1:35).

In the Bible many godly men and women rose early to meet with God. Some of these were:

- Abraham – Genesis 19:27
- Moses – Exodus 34:4
- Job – Job 1:5
- Hannah and Elkanah – 1 Samuel 1:19
- Jacob – Genesis 28:18
- David – Psalms 5:3; 57:7,8
- (See also Psalm 143:8; Isaiah 26:9; Ezekiel 12:8)

You might want to use evening time as a way of ending a day with your thoughts fixed upon the Lord. You may also choose to have two quiet times, morning and evening. Or you could use any time that feels right to you. **Whatever time you set, let it be a time you can be consistent with.**