

Practicing A Quiet Time
(appropriate for Mid Schoolers and older)
Michael R. Daily, September 2011

The book of Psalms makes the following statements about God's Word:

Psalm 119:82 - My eyes fail with longing for Your word, While I say, "When will You comfort me?"

Psalm 119:105 - Your word is a lamp to my feet And a light to my path.

Psalm 119:140 - Your word is very pure, Therefore Your servant loves it.

Psalm 119:148 - My eyes anticipate the night watches, That I may meditate on Your word.

Psalm 119:162 - I rejoice at Your word, As one who finds great spoil.

What do these verses tell us about God's Word? It is something to long for, something that provides comfort and guidance, it is very pure and worth meditating on (thinking about), it is great spoil.

In this context the word "spoil" means "treasure". For example the "spoils of war" are when one army conquers another and takes the "spoils of war", in other words they take the other army's treasure. So, the psalmist says that God's Word is like finding a great treasure – that is how valuable it is.

Ask them to take out their Bibles and a sheet of paper and pen. You may want to bring extra paper or pens for those who didn't bring any. Open with prayer. Have them turn to **Hebrews 12** and read through the chapter slowly or more than once and tell them the following:

1) Ask God to show you one principle, idea, or command that perhaps you never saw before or that you needed to be reminded of.

Write this principle or command down with the reference of the verse that best communicates this.

2) Ask God to show you how to apply this principle, idea, or command to your life.

Write this down also and be ready to share when asked.

Give them about 10 minutes to silently work on this.

After they have had about 10 minutes to complete the activity ask for volunteers to share what they learned during this activity. Give everyone who wants to a chance to speak and share what they learned. Give them lots of verbal encouragement as they share what they learn.

Hebrews 12: Discipline vs Punishment

As it comes up make sure to mention that "discipline" is not the same as punishment.

Punish: to inflict a penalty for the commission of an offense in retribution or retaliation

Discipline: an instruction calling for compliance; an act of teaching

Punishment is the exacting of revenge, usually done in anger. If someone is in hell they are experiencing God's wrath and punishment. But in Hebrews 12, God is not talking about punishment. He is talking about discipline. He disciplines every son whom He receives. Discipline is never done in anger and the motivation for the discipline is for the benefit of the person being disciplined.

Here is an example of discipline: A small child is reaching for a hot stove. If you love that child you will swat their hand and say, "no!" The child will cry and feel sorrowful but the purpose of the discipline is to teach the child so they won't seriously hurt themselves. It is for their benefit. That is what the word, "discipline" means in this chapter.

Fellowship With God

After everyone who wants to has shared, ask them what it was we just did. If no one recognizes it tell them that some people call what we just did a "Quiet Time" or a time in the morning when we spend a few minutes with God, pray and ask Him to teach us from the Bible, study a chapter of the Bible and identify one principle to apply in our lives. Look up the verses below to show this idea in scripture.

Psalm 5:3 - In the morning, O LORD, You will hear my voice; In the morning I will order my prayer to You and eagerly watch.

Isaiah 66:2 - "For My hand made all these things, Thus all these things came into being," declares the LORD "But to this one I will look, To him who is humble and contrite of spirit, and who trembles at My word.

Our quiet time is about developing our personal relationship with God so that we know Him and understand Him. How often should we do this? Most people say every day.

Let's say you did this every day of the week, but you are just a mid schooler so you might miss a few days, so lets say you do this for 5 days out of every week.

And every year something happens so instead of doing this 5 days a week for 52 weeks you do it for 48 weeks. So, after a year you would have spent time with God in $5 \times 48 = 240$ chapters of the Bible.

How many chapters are there in the Bible? About 1189. So, 1189 divided by 240 = 5 years.

In other words, after having a quiet time with God for, on average, about 5 days a week give or take, God will have personally taught you something to apply to your life from every single chapter of the Bible after only 5 years! If you start at age 13 you will hit that 5 years by age 18.

You will have a better understanding of how God sees things, how He thinks about things, and more knowledge of Him and the Bible than 70% of all christians! (according to research by the Barna Group).

Your quiet time alone with God is the single most important thing you can do to grow as a christian.

What if I don't understand what it means?

One of the things that will often happen during our quiet time is God will emphasize or point out a passage of the chapter to us but it will be something we don't understand. In those instances what is the application?

In these cases the application is to find another christian during the week and ask them about it. For example, you may be at AWANAs or Sunday school or youth ministry and you can ask your youth minister, teacher, pastor, or even another christian youth about it. Just tell them you were having your quiet time in chapter so and so of the Bible and came across a passage that said such and such but you were not sure what it meant and ask them what they think it means. Other christians will be glad to discuss these things with you.

Fellowship With Other Christians

Having a regular quiet time not only deepens your relationship with God but it is also critical to helping you have fellowship with other Christians. If you are not having quiet times with God then when you come to Bible study with others you may not get as much out of it. You may find yourself struggling with what is being taught in your class or by your pastor because the ideas and concepts seem new or foreign to you. You may wonder, "Does the Bible really say that? Is that really what God thinks about that topic?" Instead of learning and growing you find yourself confused and struggling while the class moves on.

On the other hand if you have been having a regular quiet time, God will often teach you things in your quiet time before your pastor or class studies them. Then, when your class studies the topic you will already have learned the same ideas from God previously. Instead of struggling you will be encouraged because you will see that God has taught others the same thing he taught you. You will say, "I thought that is what God meant when He showed it to me during my quiet time but I wasn't sure. Now I see that God is teaching others this same thing so now I feel strengthened in believing it. I also see that God can teach me directly from His Word." Instead of struggling and not believing, your belief becomes a conviction.

Hebrews 12

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, ² fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. ³ For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

⁴ You have not yet resisted to the point of shedding blood in your striving against sin; ⁵ and you have forgotten the exhortation which is addressed to you as sons, “MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM; ⁶ FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES.”

⁷ It is for discipline that you endure; God deals with you as with sons; for what son is there whom *his* father does not discipline? ⁸ But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons. ⁹ Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live? ¹⁰ For they disciplined us for a short time as seemed best to them, but He *disciplines us* for *our* good, so that we may share His holiness. ¹¹ All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

¹² Therefore, strengthen the hands that are weak and the knees that are feeble, ¹³ and make straight paths for your feet, so that *the limb* which is lame may not be put out of joint, but rather be healed.

¹⁴ Pursue peace with all men, and the sanctification without which no one will see the Lord. ¹⁵ See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled; ¹⁶ that *there be* no immoral or godless person like Esau, who sold his own birthright for a *single* meal. ¹⁷ For you know that even afterwards, when he desired to inherit the blessing, he was rejected, for he found no place for repentance, though he sought for it with tears.

¹⁸ For you have not come to *a mountain* that can be touched and to a blazing fire, and to darkness and gloom and whirlwind, ¹⁹ and to the blast of a trumpet and the sound of words which *sound was such that* those who heard begged that no further word be spoken to them. ²⁰ For they could not bear the command, “IF EVEN A BEAST TOUCHES THE MOUNTAIN, IT WILL BE STONED.” ²¹ And so terrible was the sight, *that* Moses said, “I AM FULL OF FEAR and trembling.” ²² But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to myriads of angels, ²³ to the general assembly and church of the firstborn who are enrolled in heaven, and to God, the Judge of all, and to the spirits of *the* righteous made perfect, ²⁴ and to Jesus, the mediator of a new covenant, and to the sprinkled blood, which speaks better than *the blood* of Abel.

²⁵ See to it that you do not refuse Him who is speaking. For if those did not escape when they refused him who warned *them* on earth, much less *will we escape* who turn away from Him who *warns* from heaven. ²⁶ And His voice shook the earth then, but now He has promised, saying, “YET ONCE MORE I WILL SHAKE NOT ONLY THE EARTH, BUT ALSO THE HEAVEN.” ²⁷ This *expression*, “Yet once more,” denotes the removing of those things which can be shaken, as of created things, so that those things which cannot be shaken may remain. ²⁸ Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; ²⁹ for our God is a consuming fire.

Appendix – Additional Quiet Time Verses

Psalm 119:9-16

How can a young man keep his way pure? By keeping it according to Your word. 10With all my heart I have sought You; Do not let me wander from Your commandments. 11Your word I have treasured in my heart, That I may not sin against You. 12Blessed are You, O LORD; Teach me Your statutes. 13With my lips I have told of All the ordinances of Your mouth. 14I have rejoiced in the way of Your testimonies, As much as in all riches. 15I will meditate on Your precepts And regard Your ways. 16I shall delight in Your statutes; I shall not forget Your word.

Proverbs 13:13

The one who despises the word will be in debt to it, But the one who fears the commandment will be rewarded.

Proverbs 16:20

He who gives attention to the word will find good, And blessed is he who trusts in the LORD.

Matthew 4:4

But He answered and said, "It is written, 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.'"

Acts 17:11

Now these were more noble-minded than those in Thessalonica, for they received the word with great eagerness, examining the Scriptures daily to see whether these things were so.

John 8:31

So Jesus was saying to those Jews who had believed Him, "If you continue in My word, then you are truly disciples of Mine;

I Peter 2:2

like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation,

Colossians 3:16

Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.

Hebrews 4:12

For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Hebrews 4:16

Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

James 4:8

Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Practicing A Quiet Time*

PASSAGE FOR MEDITATION: *Psalm 5:3, Isaiah 66:2, Hebrews 4:16*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Hebrews 4:12, James 4:8*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Proverbs 13:13, Proverbs 16:20*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Practicing A Quiet Time*

PASSAGE FOR MEDITATION: *Matthew 4:4, Acts 17:11*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *John 8:31, I Peter 2:2*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Colossians 3:16*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Practicing A Quiet Time*

PASSAGE FOR MEDITATION: *Hebrews 12*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalms 119:1-16*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalms 119:17-32*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Practicing A Quiet Time*

PASSAGE FOR MEDITATION: *Psalm 119:33-48*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:49-64*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:65-80*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Practicing A Quiet Time*

PASSAGE FOR MEDITATION: *Psalm 119:81-96*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:97-112*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:113-128*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Practicing A Quiet Time*

PASSAGE FOR MEDITATION: *Psalm 119:129-144*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:145-160*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:161-174*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?