

# International Center for Health & Wellness, LLC.

## Daily Quiet Time Outline

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If you have not been in the habit of a regular, personal quiet time with God, this is a suggested outline of how to start. Quiet time is an essential tool for Christian growth, to unlock the power of the Holy Spirit in your life. You will come to understand God's purpose and plan for your life; stop making mistakes by running your own life; and discover the peace, joy, and abundant life Jesus meant for you to have now, here on Earth. It is also important so that you can effectively deal with the attacks from Satan and meet the needs of others.

The most important preparation for this is to pick a consistent time of day, whether in the morning or evening, when you can be alone with God. There must not be any distractions from devices and you must be awake! You need to find a solitary place and tune everything else out. You can do this as a couple if you wish. Set your goals modest at first. Start with 15 minutes 4 times a week. Increase the frequency and duration as you are lead. You will see the results in your life very quickly. I guarantee you will not be the same person!

A. **PRAY** A short prayer asking God's blessing on your time with Him. Tune out everything else. Picture God in your mind. Ask Him to come and meet with you.

B. **READ** Start reading something in the Bible. The book of John is a good place to start. Read until God has said something important to you, then start at that point the next time. Perhaps start a plan to read a chapter a day. You can get plans, bibles and other resources at [Youversion.com](http://Youversion.com) and download the Bible app for free to your phone. Use a readable Bible, one that you can understand and speaks in our current language if King James confuses you. Good translations include the New American Standard and the New King James Bibles. A study Bible like the Life Application Bible helps to bring out information about the context of the writing.

C. **MEDITATE** Think about what you have read. God's Bible is a living book, and has something to say about everything going on in your life. Some of what it says you may not like. It may require change. Don't ignore the Holy Spirit speaking to you.

D. **RECORD** Write out a brief application statement in a journal to show that you have applied God's truth to your life. The Life Application Bible is very useful for this purpose. Again, this may mean that you have to admit sin, change direction, or surrender control.

E. **PRAY** Use Jesus' prayer in Matthew 6:9-15 as a model. Remember, He doesn't want you to pray like the hypocrites or pagans (vv. 5-8). Personalize your prayers. Here is a suggested outline based on Jesus' prayer:

1. Praise God for who He is and what He has done (thanksgiving).
2. Purpose Commit yourself to His purpose and will for your life.
3. Provision Ask God to provide for all your needs. Be specific.
4. Pardon Ask God to forgive all your sins by having the Holy Spirit reveal them to you, confessing them, making restitution where necessary, and accepting God's forgiveness by faith in His Word.
5. Petitions Pray for others. Specific prayers are answered specifically. Pray for family, friends, our nation, this ministry, and the needs of others.
6. Protection Ask for spiritual protection from Satan's attacks, and his demon agents, for yourself, other people, and this ministry.
7. Consider using a prayer journal to record your thoughts and prayers and how God answers them so that you can frequently review God's faithfulness and answers to your prayers.