HOW TO OBSERVE THE QUIET TIME

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God bless you,
Oluwatobi S. Adewuyi
Coordinator

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God bless you!

Topic:
How To Observe The Quiet Time
Bible Text: Mark 1:35

Prayer

Father in the name of Jesus, Lord, we thank You for a day like this, thank You for Your mercies and kindness to us, we pray and ask that this evening You speak to us, we open our hearts before You now, help us to understand the deep mysteries in Your word so that our lives will be transformed to please you always, bless our teacher also, in Jesus Christ's name we pray. Amen.

Bible text: Mark 1:35 KJV

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."

Mark 1:35 NKJV

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Mark 1:35. And in the morning, long before daylight,he got up and went out to a deserted place there he prayed.

Be rest assured that what you are about to learn will really help you as they are well proven.

Study
What is a "**quiet time**"?

"**Quiet time**" refers to a personal, daily practice of setting aside time to connect with God, reflect on scripture, pray, and meditate. Sometimes, it's called the secret place. This moment is the most important moment in the life of all children of God, and must for no reason be joked with or neglected, (please read it again). In your life after giving your life to Jesus Christ, there's no any other time that's more important than your secret place, it must take the first priority in your scale of preference.

You can never be relevant in Christendom without a strong quiet time, you can never have a close relationship with God without a secret place. See, it's 100% impossible, if your secret place is weak, your Christian life will be weak. Even the Lord Jesus Christ was a man of the secret place while He was on earth. Your quiet time must be done intentionally when convenient and not convenient

if you want to get a reasonable result. Jesus rose up very early before daybreak and went to a lonely place and prayed. This means a period around 12 to 6:00 a.m. and it was alone with God, Jesus did not need to study the scriptures because He was the word of God Himself, so all that was needed was constant communion with the Father through prayers.

Are you following me?

There is something we learned about Jesus Christ which we must also inculcate.

Time & Location: this is very important. In all we do, we must put God first; before the hustling and bustling of the day, we must have communed with the Father because that is where our strength lies. At times, we say that you can have your quiet time anytime of the day, as much as there's no distractions. As true as this statement is, I will say it's more profitable to have your quiet time early in the morning before any other thing, because the Lord loves early risers. **Psalm 119:147 NLT** I rise early, before the sun is up; I cry out for help and put my hope in your words**.** The psalmist knew the

importance of rising early, and it helped him. Rising early to seek God can be a proof to Him that you are serious to know Him. **Psalm 63:1** O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; some translations of the scriptures call it "**early**" or "**earnestly**." When you seek God early, it could mean you are earnestly seeking Him, and you are making Him the first in the affairs of your day. Your location is very important too. It must be a serene environment, not a noisy place. It must not be where people are gisting and playing worldly songs. The atmosphere must be calm and cool, void of any form of distraction.

Are you still with me?

In my walk with the Lord Jesus Christ, rising early is one of the secrets I have learned, and I observed that I get power and great inspiration from there. Different people have asked me how I got to know the things I know, which to me are still little compared to what I believe God wants me to know. I derive spiritual power and strength from my quiet time. What I could never imagine

naturally, I get from my quiet time. It is not easy, but you must do it until it forms a habit, which in turn becomes a character. There's something I have observed too, and it's that whenever Satan wants to attack me, he attacks my secret place because he knows there's no way he can get me when I'm having a strong relationship with the Lord daily. Some time ago, a marine-possessed young lady confessed to me that after trying to capture me and being unable to, she started wondering how I got such power. She was so inquisitive to know whom I would marry with such power, and she went to check through some kind of spiritual means. That power was gotten through my quiet time.

I decided to share my experience, not because I want you to think of me more highly than I am—no—I want you to be spurred, to be inspired. You can go deeper than you can ever think in Christ. When you keep a constant quiet time, you will become a wonder to many because you will speak with wisdom, as the word of God will stick to your heart. Those who need wisdom should maintain a strong secret place. I repeat, it will not be easy at first, but as time goes on, it will become

part of you. The benefits of a consistent quiet time are numerous, and they are all for your own good. *Here are some of them:*

1. It makes your relationship with God stronger.
2. You receive spiritual power, guidance and wisdom.
3. It helps you build a stronger prayer life.
4. It helps you cultivate gratitude and humility.
5. You find peace and calm amidst life's challenges.
6. It helps increase your faith and trust in God.
7. It improves your mental clarity and focus.
8. It enhances your self-awareness and spiritual awareness.
9. It helps you to live a life without sin.
10. It gives you a greater sense of purpose and direction. And many other benefits.

What to do during quiet time.

1. Pray
2. Read the Bible
3. Meditate
4. Sing spiritual songs & hymns

Materials needed:

1. Bible

2. Hymn book
3. Devotional book
4. Biro
5. Notebooks

1. Prayers: When talking about prayers, we'd be talking about effective prayers. **Matthew 6:9-13 KJV** After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. [10] Thy kingdom come. Thy will be done in earth, as it is in heaven. [11] Give us this day our daily bread. [12] And forgive us our debts, as we forgive our debtors. [13] And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen. The Lord Jesus Christ gave us a perfect model of prayers; He explained to us how we are to go about in our prayers to God. In this, we see a systematic method of praying to the Father, which is **ACTS**:

A - ADORATION: The four stages did was to adore the Father; more adoration and given to God in praises and worship. We must cultivate the act of praising God and worshiping. **Psalm 100:4 KJV** Enter into his gates with thanksgiving, and into

his courts with praise: be thankful unto him, and bless his name.

C - CONFESSION: Confessing our shortcomings to God is very important in worshiping God. The scripture says that if I regard iniquity in my heart, the Lord will not hear me **1 John 1:9 KJV If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.** Confession is very important, and pleading for forgiveness shows that we recognize the efficacy of Christ's blood in cleansing our sins.

T - THANKSGIVING: You must possess the art of thanksgiving to God; it is important to make known this, showing an appreciative heart for what He has done. **Psalm 92:1 KJV** It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: **Psalm 105:1 KJV** O give thanks unto the LORD; call upon his name: make known his deeds among the people.

S - SUPPLICATION: This is also known as requests. We must make our requests known to God through prayers and not complaints. We must

avoid complaints at all costs, praying always with all prayers and requests in the Spirit. **Philippians 4:6 KJV** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **Ephesians 6:18 KJV** Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints. We must know the difference between supplications, and thanksgiving because it is through this that our requests must be known unto God.

2. **Read the Bible:** One of the hardest things to do, especially in our generation, is to sit down and read the Bible. This is because Satan knows the power that resides in the Word of God and the force with which God's children can displace him through the Word. **Hebrews 4:12 KJV** For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. There is a level of illumination that you receive as you read the Bible. This light fills you as you read, and the Spirit of God soaks

you and energizes you beyond satanic attacks. This is why Satan creates distractions in various ways in order to ensure that you do not read the Bible. Before reading the Word of God, pray very well, then start reading. That's when it will be easy for you to get inspired. Make sure your pen and notebook are with you; the more you write, the more you get inspired—that's the secret. It is very possible to read the Bible and not understand. It has happened to me before. When I newly gave my life to Christ, I didn't understand it. However, I did not relent in my reading; I kept reading it even as I didn't understand.

But after some time, I don't know what happened—suddenly, I began to interpret and even explain it. I can't tell how it happened to this day. When you read and keep praying for understanding, **Luke 24:45 KJV** Then opened he their understanding, that they might understand the scriptures. If the Lord Jesus Christ had to open the understanding of His disciples, who had been with Him and were taught by Him for 3½ years, don't we need to pray that He should open ours too? When we pray for it, we will certainly receive understanding. Although it might take time, you

will certainly receive it. Try to write down some prayer points from what you read. There's a secret about reading the scriptures that many do not know. It is that when you read the scriptures consistently, you will automatically be linked up with related scriptures that you have read in the past when you are teaching or preaching. **John 14:26 KJV** But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. The whole scripture is God speaking to us. Therefore, constant reading of it would make Him remind us of all we have been taught.

Are you with me ?

There are numerous benefits attached to reading the Bible, which Satan has hidden from many, and that is why they are slack in doing it. These are some of the benefits:

- it brings growth
- it helps us to remember what Christ did for us
- it brings success
- it makes our ways prosperous

- it takes away shame and brings boldness
- it enables us to rightly divide the word of truth
- it increases our faith in God
- it builds the fear of God in our hearts
- it makes it possible to teach it to the coming generations
- it will be well with us
- it brings long life
- it gives life
- it cautions us from sinning
- it cleanses our ways

When you read the scriptures constantly, you will hardly take a regretful step in life, as it is capable of guiding a man. Try to share or talk about what you read with others; it will give you more understanding and help solidify it in your memory.

Are you getting it?

3. Meditate: I decided to separate this from reading

What is meditation?
- It is to engage in contemplation or reflection.

the Bible because you can read and not meditate. Meditation helps you to allow what you have read to sink deeply into your life. **Psalm 119:148 KJV** Mine eyes prevent the night watches, that I might meditate in thy word.- It is to think deeply about what is read.
- It is to focus one's thoughts on something.
- It is to reflect on or ponder over.
- It is to plan or project in the mind.

This aspect is very important, never joke with it. This is the major reason you must find a quiet environment void of distraction. Meditation often comes up when reading the Bible or immediately after. You might come across something while reading that draws your attention; stay on it, taking the sentence word by word as you try to make it sink into your understanding. Look carefully at the words and think on them. You'll begin to see clearly.

It's mostly during meditation that rhema comes—begin to write them down, and then they begin to increase. **Joshua 1:8 KJV** This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou

mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. This aspect makes the word sink into your subconscious mind, and through this, you will live out the scriptures even when you are not consciously thinking about them.

4. **Sing Spiritual Songs & Hymns**: This is another aspect that's very important during quiet time. Spiritual songs bring down God's presence to where you are and allow the free flow of the Holy Ghost. **Ephesians 5:19 KJV** Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Once you are able to bring the raw presence of God around you, you will flow easily in your fellowship with Him. Since God is Spirit, you should let your spirit connect with His Spirit so that you can be baptized by His power. **Colossians 3:16 KJV** Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Hymns are also powerful, as they can encourage, admonish, give hope, and help us rejoice in God. If you don't know hymns, you can start practicing the common ones and learn them. It will really help you build a stronger quiet time. Please avoid listening to worldly songs first thing in the morning, as that is what will play in your heart throughout the day if you're not careful. In fact, there is nothing a worldly song is doing in the house or phone of a serious or heaven-bound Christian. Songs can invite the angels of God to where you are or the angel of Satan, so be careful.

MATERIALS NEEDED:

1. Bible: This is the most important material you need on earth to know God. Any devotion without a Bible is mere entertaining reading. If you don't have a good Bible, you must get one. You must understand that this is where your eternity lies; as such, you must give it total preference and attention. It's unfortunate that many joke with the Word of God; this they do to the detriment of their souls. There is no quiet time without the Word of God, for it is a lamp unto our feet and a light unto our path (**Psalm 119:105**). Sadly enough, there are those who mishandle their Bibles. They leave them

carelessly, even within the reach of children who can easily damage them. Some lend their Bibles out and go for days without them. Some even forget their Bibles in church or at programs. The Bibles of some people are no longer complete—it has gotten torn in Genesis, the Book of Revelation is no longer complete too, and some pages in the middle of the Bible are missing. Yet, these people use sophisticated gadgets, which are expensive. This shows how much priority they place on God's Word. If your Bible is old and is crying for change, kindly change it. Make sure that you get a KJV or NKJV Bible first. You can then use other versions to support it, but make these ones your primary versions so as not to fall into errors.

Commentary Bibles:

What is a commentary Bible? A commentary Bible is a version of the Bible that includes explanatory notes, interpretations, and insights from biblical scholars to help readers understand the text more clearly. There are many commentary Bibles today by different authors. You can make use of them, but with caution. Don't depend totally on them, but on the Holy Spirit. This is because Satan has been able to release his own

commentary Bibles filled with heresies that many find hard to discern today. There are many commentary Bibles that are not up to the standards of true Bible doctrines but are based on men's ideologies. One must be careful. I can recommend a Bible commentary to you, but you still have to let the Holy Spirit guide you when using it. However, it is far more accurate in interpretation than many other Bible commentaries I have come across. Matthew Henry's Commentary—you can search for it online or download its app on Play Store. It is one of the oldest before Satan started having hands in commentary Bibles.

2.**Hymn Book:**

This is something good to have during your quiet time. It will create a deeper atmosphere of worship. Hymns are very good for devotions; this is why the Scriptures record that Jesus Christ sang hymns with His disciples. Create time to learn inspiring hymns. You can get Songs of Praise (SOP) or other hymn books—there are many in Christian bookshops. You can also get an app and sing through your gadget. At least one hymn or more daily would do.

3. Devotion Book:

There are many devotional books out there that can help you grow spiritually. But be careful of the ones you use, as some can instead thwart and cripple your spiritual growth. Let devotional books be an addition to what you learn from the Holy Spirit daily. Do not let them be all that you learn from God's Word. An example of a devotional guide I will recommend to you is The Holy Ghost Flame—available in text format, audio format, and video format. It will help you. Others like Our Daily Bread and Mountain Top Life are also beneficial.

4. Notebook & Pen:

Never observe your quiet time without these. It shows your readiness to receive from God. As you read the Scriptures, note down Bible verses and points that you learn, prayer points, and quotes that drop into your heart. Do this with passion. It will help you remember the things you meditated on and allow for easier referencing. God speaks during devotions, but many are not ready to listen and write down His instructions and revelations received. Do not rush your quiet time, or else you will gain nothing. If you do all these things

consistently, it is certain that you will grow rapidly spiritually, and your profiting will be **clearly seen by all men.**

Question

My question is that, is it possible for a person to be negative minded and God should be using that person?

Question

Negative minded in what way?

Question

Like the person use to watch pornography, and masturbate, so is it possible that God will still use such person

Answer

Well, it's possible but it will be limited

1 Timothy 4:15 "Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all."

Invitation

If you know that you are still living in sin and you are ready to repent and begin to live your life in strict obedience to God so that you can overcome every sin in your life to make heaven, please place your right hand on your chest and say this prayer with your mouth.

Say,

"Lord Jesus, I accept You as my personal Lord and Savior. I believe that You died for me and took away my sins so that I will not face the penalty of them. I surrender my life to You today, and I make a decision to obey and follow You. Come into my life now and accept me as Your child. Thank You for saving me, in Jesus Christ's name I pray, Amen."

Congratulations, now you are saved. If you prayed this short prayer, please WhatsApp +2347067511039 and let me know that you have just been saved. I want to have a word with you. God bless you!

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