DEEPER LIFE BIBLE CHURCH
EMPOWERMENT PROGRAMME 24/02/18
STUDY 5

DAILY PROFITABLE QUIET TIME AND DEVOTIONAL LIFE
Mark 1:35; Psalm 63:1-8; Daniel 6:10; Ephesians 6:17; Joshua 1:8

Quiet time and devotion is a period set aside by the believer everyday to fellowship personally with God through prayer, study and meditation on the word of God. Any child of God who wants to grow and get closer to God must read the Bible and pray everyday on a consistent basis. It is through this that we tap grace and strength from the throne of God. It is therefore important to note that, no matter the level we have attained spiritually and the number of years we have been in the Lord, quiet time and devotion must be part of our daily Christian life. The word of God is the food for the regenerated.

1. **IMPORTANCE OF QUIET TIME AND DEVOTION**
   Genesis 3:9; Jeremiah 33:3; Daniel 6:10; Psalm 119:9-11; Micah 6:8; Psalm 61:8
   The need for the practice of individual quiet time and devotion cannot be overemphasized. It is important because God demands and wants all men to be in fellowship with Him (Genesis 3:9; Jeremiah 33:3). It is through quiet time that we come into the presence of God (John 14:15-21). Christ says in the book of Matthew that He will be with us always. This is not an abstract promise but a reality which can be attained through relationship via quiet time and devotion. Besides this, it is the pivot of growth for the believers (1 Peter 2:1,2). A Christian cannot grow without spiritual food (Matthew 4:4), hence the need to read and study God's word, write the lessons down and pray it in. God's friendship needs careful cultivation and this demands consistency. Prayer is an indispensable part of our quiet time and devotion. The profit of consistent quiet time and devotion is innumerable, because herein we obtain strength for the Christian's daily tests, trials and temptations, solutions to the intimate problems of life and comfort in sorrow and grief. In addition, we enjoy fellowship with the God-head by which we receive a continual cleansing, grace and power to help oneself and others. It helps us to live a consistent exemplary Christian life with daily testimonies.

2. **IMPEDIMENTS TO QUIET TIME AND DEVOTION**
   Ecclesiastes 3:1-3; Matthew 11:19; Proverbs 23:21; 1 Corinthians 9:25

Despite the great benefits in quiet time and devotion, there are myriads of things that can hinder a beneficial quiet time and devotion. These include: gluttony (Proverbs 23:21); procrastination (Proverbs 6:9); fatigue; rowdy environment; a noisy heart (Proverbs 23:7); lack of concentration; lack of good study materials (1 Corinthians 9:25). For a truly beneficial quiet time and devotion, a disciplined life must be cultivated and the hindrances avoided.

- Make it a MUST daily to have your quiet time.
- Master your body and discipline it for this daily spiritual exercise.
- Meddle not with procrastination
- Make definite time for its observation

3. INSTRUMENTS FOR QUIET TIME AND DEVOTION

Psalm 5:3; Exodus 16:21; Genesis 32:24

There are instruments that are needful for a profitable quiet time and devotion. A self disciplined attitude like that of Job is necessary – No Bible, no breakfast and no business (Job 23:12; Deuteronomy 8:8). It is best to have our quiet time at the break of day – such as early hours when the mind is still fresh (Psalm 63:1; Mark 1:35). It must be consistent (Psalm 5:3; Exodus 16:21; Psalm 61:8), and in a quiet and solitary environment (Genesis 32:24). You must possess some good study materials such as a good study Bible, Bible dictionary, concordance, past search the scriptures booklets and other commentaries. Pray before reading the Bible, ask the Holy Spirit to interpret the word to your spirit. After reading through, study, meditate and think through what you have read for personal application and blessings, and finally close with prayers based on those things you have learned in addition to other prayer points. If you seriously maintain your personal devotion, you stand to enjoy a lot of spiritual benefits. These include:

- Systematic growth in your spiritual life
- Strength for consistent spiritual victory
- Steadfast increase in the knowledge of God’s word
- Fruitful Christian living
- Growing into Christ in all things
- Productivity in service.
- Increase of faith, conviction and grace
- Steadfastness in abounding in kingdom work
- Keeping of Christian experiences without falling and rising
- Dependability as God’s instrument of salvation and blessing to the unsaved.