

August 1, 2010
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Monday

1Sam. 12:24 "...for consider what great things He has done for you.

A Quiet Time should include thanksgiving and praise. Think of the wonderful attributes of God and repeat them. God is gracious, powerful, full of knowledge and wisdom. Ascribe to the Lord praise with words like these. God has given you daily blessing: the sight to see, the beauty of the season, the laughter of others, the care of friends. Take time to thank the Lord for the many and abundant blessings of your daily life. Discipline yourself to begin your quiet time with praise and thanksgiving. Do not let yourself ask for a single thing until you have taken time to specifically thank the Lord and give Him praise. Frame your time with praise.

Tuesday

Psa. 119:15 I will meditate on Your precepts and regard Your ways.

A productive time with God will include meditation or contemplation upon the truths of God's word. Through your meditation upon a passage of scripture God's Holy Spirit will make application to your life. The Christian's day should begin with the word of God. But its impact should not be momentary and transitory. Instead, bring back to your mind throughout the day the word of your contemplation. Consider it from many angles. Ask the Lord to help you see your place in it. Consider how it instructs you to act or think or speak in the situations that you encounter. Share it with another. Through these things God will implant it in your soul.

Wednesday

Judg. 5:3 "...to the LORD, I will sing, I will sing praise to the LORD, the God of Israel.

Though you may not sing in public or join the cancelled choir, let music be a part of your 'Quiet Time' with God. Let the words of scripture make melody in your heart. Your song may be a petition or song of praise--it is always a prayer from your heart to the heart of God. Sing a hymn unto your God in the quietness of your prayer time. Your voice will always be beautiful to its maker. Your song will always be sweet to your heavenly Father. Make up your song or sing one that is brought to your mind by the scripture you are reading. Long or short, your song will bless the Lord and He will bless you.

Thursday

Psa. 119:105 Your word is a lamp to my feet and a light to my path.

The word of God must be central to your 'Quiet Time'. God speaks in His word and through His word. By it you will be instructed, comforted, confronted, and inspired. Though you may find some profit in reading poetry or contemplating uplifting stories, it is the word of God that turns your time of solitude into a time of inspired worship. The word of God is your direction; make sure that you do not start your day without the direction of God for your life. The word of God is your instruction; make sure you do not walk through your day without it. The word of God is your light; do not walk in darkness any longer.

Friday

1Sam. 12:23 "Moreover, as for me, far be it from me that I should sin against the LORD by ceasing to pray for you..."

A time of quietness before the Lord includes prayers of intercession and petitions for others. God calls us to pray for one another. But how do you pray? Ask God to lead you in your prayers. Do not simply pray for healing or blessing, let the Spirit fill your mind with specific needs. Think of yourself in the midst of the same situation. Would you need strength or financial resources? Would you need wisdom or inward peace? Are their practical needs or spiritual resources that come to mind? Pray for these. Let the Lord fill your mind with prayer.