

Getting Started with Quiet Times

Quiet time = a regular rhythm of Bible study and prayer that can help you connect with Jesus every day

The Benefits

The Benefits of Time with Jesus

Jesus is overjoyed to spend time with you. Spending time with him will cause your heart, priorities, and relationships to gradually change.

The Benefits of Daily

Every day is a day when you need Jesus. There are always excuses for not spending time with Jesus, so commit to starting with God daily.

The Benefits of Alone

Spending time alone with God...

1. Removes distractions and helps you actively engage, not just observe.
2. Builds a consistent, personal faith that doesn't depend on others.
3. Gives you permission to be real with God.
4. Gives your relationship with God room to grow and change.

So How Do I Do This?

How to Have a Quiet Time

Quiet time involves both Bible reading and prayer.

1. **Be Expectant** – Ask God to meet you and be open to how he may choose to show up.
2. **Get Honest with God** – Share your struggles and joys, and ask him to speak to issues in your life.
3. **Look Closely** – Read carefully, observe details and patterns, and ask questions to find meaning.
4. **Meditate** – Read the passage multiple times and notice what stands out.

How to Pray

The best way to learn to pray is by praying. One structure for praying is ACTS:

- **Adoration:** Praising God and showing affection to him.
- **Confession:** Communicating honestly with God where we've fallen short.
- **Thanksgiving:** Expressing gratitude to God.
- **Supplication:** Asking God to help you or others.

How to Read the Bible

Deciding what book in Scripture to start with:

- Follow along with your church's sermon series or small group studies
- Ask a mentor for advice
- When in doubt, start with the Gospels

Ask God for understanding before you read. Remember, you're reading for formation, not information; to taste and see that the Lord is good!

When reading, pay attention to these things (Inductive Bible study method):

1. **Observation:** What does this passage say about God, Christ, the Holy Spirit, people, and myself?
2. **Interpretation:** What does this passage teach, and what does it mean?
3. **Application:** How can I respond to what God has taught me through this passage? How does he want me to be? What should I do? What should I stop doing?

Expert Tips

1. **Setting:** Have a consistent time, choose a time frame, consistency > duration, get out of bed, use music if it's helpful
2. **Prayer:** Write your prayers, pray out loud, pray anytime, use other formats for prayer like The Lord's Prayer, practice listening prayer
3. **Bible Study:** Read systematically, use study guides or study Bibles, write what you learned, read the Bible in chunks, feel free to repeat passages

To Help You Get Going

Overcoming Quiet Time Obstacles

1. **Streak-breaking:** Remember that quiet times are about spending time with a friend.
2. **Distraction:** Be kind to yourself and keep trying. Fiddle with parameters until something works.
3. **Fatigue/Boredom:** Try a different structure, read a different section, or change locations.
4. **Comparison:** Ask God to bless whoever you are comparing yourself to.
5. **Guilt/Shame:** Remember that Jesus fully loves and knows you even when you fall short.

REFLECT

What does success look like? Write down what success looks like for you over the next 30 days.

Quiet Time Tools

The most important tools are a Bible, a notebook, and a pen. Other helpful tools:

- **Concordance:** A dictionary that tells how many times the word is used and where it's used.
- **Interlinear:** Takes the original language and places a word-for-word translation right beneath the original language text.
- **Atlas:** Gives you details on places and geography of the Bible.
- **AI:** We don't recommend AI as a substitute for your direct engagement with the passage.

Related Resources

- [IVP Atlas of Bible History](#)
- [Blue Letter Bible](#)
- [Strong's Exhaustive Concordance](#)

Recommended Courses

- [Depending on the Spirit](#)
- [Growing Authentic Community](#)

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