

160. Quiet Time

By Arland Steen

Psalm 1:1-6 (NKJ): *Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; ² But his delight is in the law of the Lord, And in His law he ^{1b}meditates day and night. ³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. ⁴ The ungodly are not so, But are like the chaff which the wind drives away. ⁵ Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. ⁶ For the Lord knows the way of the righteous, But the way of the ungodly shall perish.*

Healthy fruit in our lives is the byproduct of well-nourished and cultivated roots. If we sink our inner life deep into the truth of God's Word, life will blossom in us.

Notice how the righteous are contrasted with the wicked:

- With whom they hang with – negative people
- In what they do – bad habit people, lazy people
- How their results differ – hang with people better than you
- How the Lord is able to be in their lives – you want to sense God works in them

The righteous are first defined by what they *do not do*:

- Walk not in the counsel of the ungodly - horoscope
- Stands not in the path of sinners – drinking, drugs, all manner of evil
- Sits not in the seat of the scornful – contempt or disdain felt toward others

The righteous are also defined by what they do:

- Delight in the law of the Lord – brings joy to your heart when you read and meditate
- Meditates in God's Word constantly
- The image of growing fruit teaches us that spiritual growth is slow but certain
- A good word to define *prosper* seems to be *fruitful* regardless of circumstances as their will be fair and stormy weather in our lives

Reference Joseph in Genesis 39:1-3 (NKJ): *Now Joseph had been taken down to Egypt. And Potiphar, an officer of Pharaoh, captain of the guard, an Egyptian, bought him from the Ishmaelites who had taken him down there. ² The Lord was with Joseph, and he was a successful man; and he was in the house of his master the Egyptian. ³ And his master saw that the Lord was with him and that the Lord made all he did to prosper in his hand.*

Reference Genesis 39:20-23 (NKJ): *²⁰ Then Joseph's master took him and put him into the prison, a place where the king's prisoners were confined. And he was there in the prison. ²¹ But the Lord was with Joseph and showed him mercy, and He gave him favor in the sight of the keeper of the prison. ²² And the keeper of the prison committed to Joseph's hand all the prisoners who were in the prison; whatever they did there, it was his doing. ²³ The keeper of the prison did not look into anything that was under Joseph's authority, because the Lord was with him; and whatever he did, the Lord made it prosper.*

To get these results or if a quiet time is new to you, it is a private meeting each day between you and the Lord. It should not be impromptu. A quiet time is a period of time we set aside in advance for the sole purpose of a personal meeting with our Lord. A daily quiet time consists of at least three components:

- Reading the Bible with the intent not just to study but to meet Christ through the written Word
- Meditating on what we have read so that its truth begins to saturate our heart and mind
- Praying to commune with God by praising, thanking and adoring Him as well as confessing sins, judging our words and actions and praying for others

Why A Quiet Time Is Important

Three reasons:

- It pleases the Lord – reason enough. Of all the OT sacrifices, only one was daily, the continual burnt offering. Its purpose was not to atone for sin but to provide pleasure to the Lord through a sweet-smelling aroma. The NT directs us to continually offer up a sacrifice of praise to God. Hebrews 13:15 (NKJ): *Therefore, by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.* This is an indicator of the depth of our fellowship with God – our willingness to spend time alone with God because of what it means to Him.
- We receive benefits in several ways:
 - Information – to understand life we must know what God thinks about it
 - Encouragement
 - Power – meeting with Him is essential to receiving power to do life His way
 - Pleasure – being alone with the One we love is enjoyable
- Jesus had a quiet time – Mark 1:35 (NKJ): *Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.* A major factor that determines whether we will be a stagnant or growing Christian is whether or not we develop the discipline of a daily quiet time.

How To Begin A Quiet Time

- Be self-disciplined - Do what you should do when you should, the way you should, where you should and for how long you should.
- Set aside time in advance – when you are the most alert.
- Plan ahead – the battle for a daily quiet time is often lost the night before.
- Make your quiet time truly a quiet time – find as quiet a place as possible and turn off all distractions but do get out of bed and stay awake.
- Journal what God says to you