

Keeping it Simple

# Prayer Tool: How to Have a Quiet Time

## What?

A quiet time can take many forms, but at its simplest means stopping and pausing to pray with God. This prayer tool will practically guide you on how to start having a regular quiet time.

## Why?

“If we don’t maintain a quiet time each day, it’s not really because we are too busy; it’s because we do not feel it is important enough. Late nights kill the quiet time... Quiet time is not just a helpful idea, it is absolutely necessary to spiritual growth.”  
George Sweeting

“Don’t pray when you feel like it. Have an appointment with the Lord and keep it. A man is powerful on his knees.” Corrie Ten Boom

## Bible reference:

“Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.” Matthew 6:6

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## A quick introduction to Quiet Times

There is no fixed way to spend time alone with God, but it’s helpful to combine Bible reading with prayer and to do so at a regular time each day. There are many excellent devotional resources, but you don’t have to use anything at all. It’s worth experimenting to see what works best for you.

Other prayer tools may be helpful as part of a daily quiet time too.

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## **Do it: How to have a quiet time**

### **How to have a 10 minute quiet time (using P.R.A.Y.)**

**(1 min) Pause** – sit quietly for a minute, stilling your soul.

**(2 min) Rejoice** – read a short Psalm or listen to a worship song.

**(3 min) Ask** – Tell God what’s on your heart. Pray through your day. If you have a prayer list or use the 24-7 Prayer Inner Room app quietly name each person before God.

**(3 min) Yield** – Read a few verses from the New Testament, until a phrase pops out at you and then talk to God about it. Are there any sins you need to confess? Ask the Holy Spirit to fill you afresh.

**(1 min) Amen** - Pray the Lord’s Prayer.

### **How to have a 30 minute quiet time (using The Lord’s Prayer)**

#### **(2 min) Our Father in heaven**

Be still. Sit quietly and ask “Where is the evidence of the Father’s love in my life right now?” Give thanks.

#### **(3 min) Hallowed be your name**

Read a Psalm or listen to a worship song.

#### **(3 min) Your kingdom come, your will be done.**

What would it look like for God’s kingdom to come in the three circles of your life today:

1. Pray for your own needs
2. Pray for your friends and family (perhaps using the Inner Room app)
3. Pray for the wider world (perhaps focusing on situations in the news).

#### **(15 min) Give us this day our daily bread**

Using a bible reading guide, if you find it helpful, read from a Gospel, a New Testament epistle, and then from the Old Testament.

The emphasis here is on quality not quantity. When a phrase resonates with you, treat it as if God is starting a conversation by pausing to pray about it.

#### **(2 min) Forgive us our sins as we forgive others**

Review the last 24 hours, allowing the Holy Spirit to challenge any sinful thoughts,

words and deeds. Are there people to whom you need to apologise, or others you need to forgive?

**(2 min) Lead us not into temptation but deliver us from evil.**

Pray protection for yourself and for those you love, especially in areas of vulnerability. If you are under spiritual attack, take authority, standing on relevant promises from the bible.

**(3 min) For the kingdom, the power and the glory are yours...**

Finish by listening to another worship song or returning to the psalm with which you started.

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## **Books on Quiet Times**

- Quiet Time - InterVarsity Staff
- Celtic Daily Prayer -The Northumbria Community