

spiritual diet of Agpeya prayers, fasting and the sacraments. Quiet time is also not a replacement for regular Bible reading/study. "These you ought to have done, without leaving the others undone." Matthew 23:23

## How to Overcome Problems with your Quiet Time

### 1. THE PROBLEM OF DISCIPLINE

Your first problem in establishing a quiet time will face you the moment you wake each morning: Am I going to get out of bed? Suggestions:

- Go to bed on time
- Get up immediately, DON'T SNOOZE!!!
- Beware of quiet time robbers (late night TV, housecleaning, phone calls)
- Fall asleep thinking spiritual thoughts.

### 2. THE PROBLEM OF DISTRACTIONS

Satan will try to use anything to get your mind to wander during a quiet time. Don't worry about your mind getting distracted, but gently bring it back to focus on God, and the area you were praying about. Suggestions:

- Get out of BED
- Get thoroughly AWAKE
- Read and pray ALOUD
- Keep a JOURNAL

### 3. THE PROBLEM OF DRYNESS

Sometimes you will feel like you're not getting anything out of your Quiet Time. Never judge your Quiet Time by

your feelings. Possible causes of spiritual dryness include:

- Your physical condition
- Disobedience to God
- Rushing your quiet time
- Not sharing insights with others

### 4. THE PROBLEM OF DILIGENCE

Your greatest problem will be your struggle to stay consistent. Satan fights nothing harder than your Quiet Time.

Suggestions:

- Make a covenant or vow to God
- Schedule it on your daily calendar or Palm Pilot
- Be prepared for Satan's excuses (too tired, too busy, etc)
- Leave your Bible open at night to the passage for the next day!
- If you miss a day, don't become guilty, legalistic, or give up

It takes at least three weeks for you to become familiar with a new task. Then it takes another three weeks before it becomes a comfortable habit.

*"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Galatians 6:9*

# Guide to Quiet Time



**St. Mark Coptic Orthodox Church**  
Washington, DC

## What is Quiet Time?

Quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer.

## How do I get started in my Quiet Time?

### 1. SELECT A SPECIFIC TIME

The best time to have a quiet time is when I am at my best. Morning is recommended, because that is the example that Christ Himself set for us. It shows that God is my top priority and my mind is not yet cluttered with the day's events. Whatever time you select, be CONSISTENT.

### 2. CHOOSE A SPECIAL PLACE.

"Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed." Mark 1:35

### 3. GATHER THE RESOURCES YOU WILL NEED

You will need three things: a Bible, a pen and a notebook/journal. Your Quiet Time journal should be used to write down what the Lord speaks to you about, and to keep your prayer list.

### 4. BEGIN WITH THE RIGHT ATTITUDES

- Reverence: "Be still, and know that I am God." Psalm 46:10
- Faith: "Open my eyes, that I may see wondrous things from Your law." Psalm 119:18
- Obedience: "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." Matthew 6:33

### 5. FOLLOW A SIMPLE PLAN: 15 Minute Plan

## What is the 15 Minute plan?

#### 1. RELAX (1 Minute)

Be still and quiet! Slow down! Prepare your heart. Take deep breaths and ask God to:

- Meet with you
- Set aside distractions
- Reveal to you His Word for today
- Bring comfort and clarification to your life

#### 2. READ A PASSAGE (4 Minutes)

Read and re-read a passage slowly, perhaps repeating a verse several times, expecting God to make it come alive with relevance for your situation. Read until you feel God has told you something.

#### 3. REFLECT ON THE VERSE (4 Minutes)

Here are 6 ways to help you meditate on a verse:

- Picture it! Visualize the scene in your mind.
- Pronounce it! Say the verse aloud, each time emphasizing a different word.
- Paraphrase it! Rewrite the verse in your own words.
- Personalize it! Replace pronouns or people in the verse with your own name
- Pray it! Turn the verse into a prayer and say it back to God.
- Probe it! Ask the following 9 questions [S.P.A.C.E.P.E.T.S.]. Is there any...

- Sin to confess?
- Promise to claim?
- Attitude to change?
- Command to keep?
- Example to follow?
- Prayer to pray?
- Error to avoid?
- Truth to believe?
- Something to thank God for?

#### 4. RECORD WHAT GOD DID (2 Minutes)

In your journal, write out the verse that spoke to you most personally. Then write out a personal application statement that is practical and measurable.

- What does the passage say generally (What is it teaching me?)
- What does the passage say to me personally (What should I do specifically?)

Refer back to your verse and application several times throughout the day. Try to memorize the verse and meditate upon the application all throughout your day.

#### 5. REQUEST (4 Minutes)

Conclude your Quiet Time by talking to God about what He has shown you and making requests from your prayer list.

## Does Quiet Time replace other forms of prayer, like Agpeya?

Quiet time is NOT meant to replace other forms of prayer. It is to be used as a supplement to an already existing