

## Tips for Having a Quiet Time

The middle school years are formative years in a person's life. Activities, hobbies, and skills learned in this season often provide life-long benefits and enjoyment. This is an ideal time to develop the practice of having a daily quiet time – a personal time alone with God. Basic elements of a daily quiet time include reading the Bible and praying, as well as worship, journaling, and reading Christian books.

Here are a few suggestions for having a quiet time:

**Motive** – Relationship, relationship, relationship! The goal of a personal time with God is to grow in your relationship and love for God and passion for Jesus Christ. The more you know Him, the more you will find that you long to spend time with Him. We do not earn God's favor or our salvation through our quiet times, but we do get to experience great benefits from spending time with Him. We will grow in our knowledge of Him, we will grow in wisdom and discernment, and we will gain greater clarity in our calling before Him. All of these will give us a greater passion for Him.

**Location** – Identify a good location for your quiet time. You should look for a comfortable location with few distractions. Pick a place you enjoy that allows you to read and write comfortably. This may be on a couch in the living room, an overstuffed chair in the den, at the kitchen table, or at your desk in your room.

**Time** – Pick a time of day you can consistently set aside 15 to 30 minutes for your time with God. I suggest first thing in the morning, right when you wake up. This tends to be the best time of day for many people.

**Bible** – Bible reading and Bible study are key parts of a personal time with God. Therefore, you will need a good Bible just for you. I recommend a study Bible that has extra notes that will help you better understand what you read. I also recommend that you write in your Bible. At a minimum, underline or highlight key verses that inspire or challenge you, but also mark places where God makes His promises personal to you, or speaks to you personally.

**Bible Reading** – If you do not have a Bible reading plan you would like to use, pick one book in the Old Testament and one book in the New Testament and read one chapter in each book each day. Use two book marks to keep your spots so you will not waste time figuring out a place to begin reading. Take some time to pray and ask God to show you the books you should read. If you find that after some time, you don't feel God is meeting you through your plan, feel free to change your plan. Your quiet time should be a time where you enjoy God and enjoy relating with Him. If it begins to feel like a chore and you are missing God, make changes.

**Bible Study** – Each day, just before you start to read your Bible, ask God to speak to you through His Word. The goal is to grow in your love for God and gain direction in living for Him. The goal is not to read long portions of Scripture or to get through the entire Bible in a set amount of time. Take your time and read through a chapter, marking key verses that speak to your heart. After you finish the chapter, go back and re-read the key verses and ask the Holy Spirit to show you how you can apply the truths to your life today. And be sure to take advantage of the notes at the bottom of each page of your study Bible.

**Questions** – As you read and study your Bible, you may have questions that come to mind. Be quick to talk with your parents, youth leader, pastor, or teacher about them. They love you and would be eager to help you.

**Prayer** – Prayer is having a conversation with God. It is both speaking to Him and listening to Him. Take time to pray about the truths you learned in your time reading and studying the Word. As you read, talk with Him about what you read. When you pray, worship God for His character and actions, and thank Him for blessings you see in your life. Be honest with God and share the real questions on your mind and the burdens on your heart. Wait and listen for God to speak to you, comfort you, and guide you. Finally, lift up to God the people in your life – family, friends, classmates, and teammates.

**Journaling** – Have a notebook to record your thoughts during your quiet times. You can write down key verses that stand out to you,

record prayer requests, or write letters to God. You may also want to use your journal for taking notes at youth group or church, which will enable you to have all your notes in the same place and make it easy for you to review teachings you have heard. Every four to six months, go back and re-read your journal to see all the ways that God has answered prayer and been working in your life.

**Reading Christian Books** – Many godly men and women who have known and experienced God mightily through His word have written outstanding books that will inspire you to love and know God more and be more passionate about Jesus. If you have time, you may want to read a good Christian book as part of your personal time with God. I recommend that this be in addition to Bible reading and not in place of it. If you are looking for a good book to read, ask your parents or pastor.

**Getting Started** – Take time right now to prepare for daily times with God and get started today!

- Decide on the place and time you would like to have your quiet time.  
Do you need to set your alarm 15 minutes earlier?  
Do you need to clear out a corner in your room and arrange some pillows?
- Decide on the Bible reading plan you will use or choose two books of the Bible you will read through.
- Get a notebook you would like to use as a journal.
- If you want to have a time of worship, choose a CD or some songs on your iPod you would like to use and have your player ready.
- Put your Bible, journal, player and pen right where you will have your time with God. Tell someone your plan and get started!

\*\*\*This document was developed by the leadership of [Saint Simons Christian School](#). Feel free to copy it, distribute it, or link to it on your website. To God be the glory!