

## Personal time with Jesus

Our Personal times with Jesus are one of the most important times of growth and intimacy with God. Jesus regularly withdrew to a quiet place to meet with His Father (Mark 1:35). How much more then do we need to be meeting with Him?

David writes in Psalm 84:10, *“Better is one day in your courts than a thousand elsewhere”*. King David knew the joy and the intimacy of meeting with God and we have an even greater opportunity to know Him by His Spirit. As New Testament believers, we do not go to the temple to worship God, because He is within us. So at anytime, and in any place, we can connect with Him and enjoy a relationship with the Creator of the universe.

Below is a suggested way of having a Quiet time. Start with 10 minutes and who knows, you might love it so much it may turn into an hour.



### 1. Stop and Be Still (1 minute)

- Take a moment to stop and be still
- Ask God to speak to you during this time

### 2. Thank and Praise God (1 minute)

- Thank God for who He is
- Thank Him for what He has done and is doing in your life

### 3. Commit Your Day to God in Prayer (1 minute)

- Ask God to have His way in your life today
- Ask for forgiveness for any wrong-doing and forgive those who have treated you poorly

### 4. Pray Specifically For Your Needs (1-2 minutes)

- Ask God for His help, provision, patience etc.

### 5. Pray for the Needs of Others (1-2 minutes)

- Pray for people in your world – family, church, friends, unsaved, people with sicknesses, current affairs, Christians around the world etc.

### 6. Read your Bible (3-5 minutes)

- Read a chapter of the Bible
- Write down in a diary or notebook what God is speaking to you about

### 7. Pray and Wait on God (2 minutes)

- Pray that God will impact your life with what you have read
- Take a few moments to stop again and listen to what God is saying to you