

3 Keys to a Thriving Quiet Time With Jesus

I believe one of the most essential parts of Christian discipleship is teaching people how to have a time with God daily. When my sons were in elementary school, I taught them these things.

If we can teach our son to throw a football or our daughter gymnastics, we can teach our children how to have a daily time with God. If we can teach our friends how to close a business deal or how to decorate a home, we can teach our friends how to walk with Christ daily.

I will stay brief today even though there is so much more to share.

Component No. 1: Practice Prayer

Prayer is a conversation with God. Prayer is not just you talking to God, but it involves you listening to God. Daily, I begin my time with God in prayer. Practice prayer.

Whether you are a rookie or a seasoned veteran in your spiritual life, prayer is one of the great disciplines in the life of the believer. Develop your prayer life. Learn how to pray.

While I am no authority on prayer, I do pray and believe in the power of prayer. Prayer built upon the Scriptures takes it to another level.

Take the time to organize your prayer life. When you do, you will find your prayer life becoming much more meaningful and perhaps even extended.

Interweaving with prayer is the second component in my daily time with God, Bible reading.

Component No. 2: Read the Bible

The most transforming discipline in my walk with Christ is the daily reading of the Bible. Nothing is more powerful than the holy Scriptures. When the Scriptures speak, our God is speaking to us.

From my youngest years, I was taught the value of the Bible and its impact upon my life. Read the Bible daily.

The increasing impact of the Scriptures happened to me when I began to read the Bible through each year, and since 1990, I have read the Bible through at least one time annually. In this last decade or so, it may be closer to one and one-half times per year.

The point is this: *The more I read the Scriptures, the more I want to read the Scriptures.* Faith is built upon the Word of God, not upon the words of others. In this noisy world filled with voices that amplify negativity and forecast constant doom, I must have the Bible, God's Word, consume me daily.

It is the Bible that anchors my faith. It is the Bible that sustains and ignites my prayer life. It is the Bible, the Word of the living God, that serves as my filter to separate all untruth from my life.

Component No. 3: Keep a Journal

In 1990, God led me to not just read through the entire Bible, but to daily begin one of the most meaningful practices I have had in my walk with Christ. When I have completed my daily prayer and Scripture-reading time, I close my time with God by writing no less than a one-page prayer to God.

This prayer to God that is written down in a journal daily often becomes a documentation of God working in my life. I have volumes and volumes of these prayer journal books that go back to this daily discipline that I began in 1990. To this

day, I still do this. The only change is that on most days, the letters exceed a page or two.

There is something powerful about transferring your greatest burdens and most special moments with God on to the pages of a journal.

Back to the Basics

How is your daily time with God going? Maybe today is a reminder that it is time to go back to the basics of walking with Christ daily. {eo}

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