

CBMC Forums Quiet Time
Time with God that is devotional and relational.

By Rick Miller

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I have been practicing a quiet time with God for a number of years now. It has evolved and like any relationship the steps offered should be fluid and not rigid. They are offered as a help to those who yearn a deeper relationship with God.

- 1) Remember this is a relationship with a person. God became a man named Jesus to make it easier for us to relate to him. It's amazing how personal God becomes when you speak to Him by the Name of Jesus. One of the most powerful and personal prayers we can pray is: "Jesus, I need You."
- 2) So when I start in the morning I begin with some short sentence prayers. Like, Jesus I am here to meet with you. I would really love it if as I read your Word you would reveal more of yourself to me.
- 3) I then open my Bible and read usually a chapter a day. I read slowly looking for things to stand out, looking for strange things that I don't understand, things that are repeated, new things that I have not noticed before. I underline them in my Bible. These are likely things that God is speaking to me for today.
- 4) At the end of the reading I go back and look at the things I have underlined and look for themes. I then choose one to three of them and write them on my Daily Conversations with God sheet. I then meditate on these and then write a short response that is often in the form of a prayer. These prayers can include: confession, adoration, asking questions, asking for help. One of the great benefits of writing every day is going back and reading over a past week or month and discover themes that God is trying to communicate to you. This can be a significant way that God works in the "[Change of Heart process – PIP](#)"
- 5) I then will have a time of prayer where I make petitions, just generally hanging out with God interacting conversationally with short sentences followed by short times of silence waiting for responses.
- 6) The grand finale is sitting for 10-20 minutes in silence before God. This is a time when God ministers deeply into my soul. This is a time that God settles my heart and slows me down. If I skip this part I often find myself racing through the day. This is the last step that I have added recently and it is a very sweet time with God.

Attached is a [Daily Conversation with God sheet](#) and a [sample](#) from when I was listening for Jesus to unpack the Forums Focus Statement out of Matt 5:14-16. You can also see more on my blog: <http://rickm4him.blogspot.com/>

Some wise men once asked a question and gave an answer.

Q. What is the chief end of man? Or What is the main purpose of man?

A. To Glorify God, and enjoy Him forever.

John Piper writes "We glorify God by enjoying Him forever."

[Business owners and professionals, lit up by Christ,
Glorifying God in their life, business and workplace. Matt 5:14-16](#)