



Turning Lost Students into Christ-Centered Laborers

## BUILD A QUIET TIME INTO YOUR DAILY SCHEDULE • Steve Hanawalt

### The Need

Though a daily “Quiet Time” is needed by both the believer and the unbeliever, I sense that a healthy Quiet Time is more important for the believer. Why? As A.W. Tozer put it, we who follow Christ “at once walk in two different worlds, the sacred and the secular.” What keeps these two very different worlds from bursting apart? Continued interaction with the One who came and reconciled the world with its Creator. He who provided the Way, where there was no way, was, of course, none other than Jesus Christ. And Jesus consistently modeled the need to get away to what the gospel writers called “a lonely place” for prayer and meditation.

I cannot fathom how a Christian can maintain a healthy and balanced life apart from a meaningful and consistent Quiet Time with the Lord. The responsibilities and demands upon a woman or man in the marketplace are so great, and often-times seem so unrelated to our Christian walk. How can we tie the two worlds together? How can we remain true to our purpose of doing something worthwhile for the Lord, while we are devoting so large a chunk of our life to work and business? I have found just one way. By re-centering myself in Christ each day through the means of prayer and devotion.

Quiet Time for me is putting first things first—my relationship with God. Quiet Time for me re-establishes my purpose for “at once walking in two worlds”—to serve God and people.

### The Challenge

As a young Christian in college, I had the luxury of choosing from among several times and locations for my Quiet Time. Then I got married. My options narrowed as I adapted to the needs of my wife. Then three children entered our lives in what seemed like rapid-fire succession. Still, my only excuse for missing my Quiet Time was just that—an excuse!

Quiet Time options? What options? I find now that time for the sustenance of my spiritual life must be carved out of a busy schedule and jealously guarded. Though my Quiet Time location and time options are few, my need has never been greater. For I am no longer responsible for my spiritual nourishment only, but in a real sense, the care and feeding of my family as well. I share my experience for this reason only: zealously carve out time for your daily Quiet Time and jealously protect it from outside distractions.

### The Benefits

What are the benefits of a consistent and rich Quiet Time? The intimate fellowship with God the Father, the incomprehensible peace that comes from knowing Jesus as your elder brother, and the insight and comfort of the Holy Spirit. As we “walk at once in two worlds,” we can even now begin to enjoy the blessings of eternal life by doing our part in our growing relationship with the Eternal One. Relationships starve if both parties don’t maintain active, honest communication. “And this is the confidence which we have before Him, that if we ask anything according to His will, He hears us (1 John 5:14).” You can be assured that God is doing His part. Are you?



### A Suggested Approach

We all are at different points of spiritual maturity. Therefore, we have different needs and appetites in approaching this time meant for expressing our devotion to God. For many Christians, the Quiet Time may be simply reading through the Scriptures, a chapter or two at a time. Add to this some prayer needs expressed to the Lord, and closing with a few moments of worshiping God. Some find that music is a wonderful way to express one's love for God. For others, along with the ideas just mentioned, some also use a devotional guide like "Daily Bread" or The Daily Bible. A prayer request list, and a journal for recording one's discoveries in the Word, round out the kinds of options many follow.

In all cases, the beginning point is to mark off a specific time and place. Then put it in your schedule. If motivation for a Quiet Time is your need, I recommend the reading of *My Heart, Christ's Home*. It is a classic little book by Robert Munger. Since we are creatures of habit, one of the best habits to get into is this daily time when just the Lord and you meet together. Your life at work and at home can never be the same, as this becomes one of your daily routines.

### My Quiet Time Plan

Time: \_\_\_\_\_

Place: \_\_\_\_\_

End

The Compass is the discipleship curriculum for Campus Crusade for Christ's Campus Ministry. It was created by Centerfield Productions, the field based division of CruPress. We'd love to hear your feedback on this lesson. Please write us at [centerfield@uscm.org](mailto:centerfield@uscm.org)