



The Value of a Quiet Time

I. The Abiding-In-Christ Principle

Spiritual fruit only comes through an _____
_____ with the vine.

— **John 15:4** | *Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. (CSB)*

— **John 15:5** | *I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me. (CSB)*

— **John 15:7** | *If you remain in me and my words remain in you, ask whatever you want and it will be done for you. (CSB)*

II. The Drawing-Nearer Principle

If you draw near to God, he will _____ _____ to you.

— **James 4:8a** | *Draw near to God, and he will draw near to you. (CSB)*

III. The Nutrition Principle

If you don't _____, you will be _____, physically and well as spiritually.

— **1 Peter 2:2** | *Like newborn infants, desire the pure milk of the word, so that you may grow up into your salvation, (CSB)*

IV. The Garbage-In-Garbage-Out Principle

What comes _____ of you is determined by what goes _____ to you.

— **Philippians 4:8** | *Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. (CSB)*

V. The Satisfaction Principle

When you are filled with the best, you are not _____ for the _____.

— **Psalms 119:103** | *How sweet your word is to my taste— sweeter than honey in my mouth. (CSB)*

— **Psalms 19:10** | *They are more desirable than gold— than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. (CSB)*

VI. The Father-Knows-Best Principle

Since God knows all, his wisdom should be the _____ for our _____.

— **Proverbs 3:5-8** | *Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight. Don't be wise in your own eyes; fear the LORD and turn away from evil. This will be healing for your body and strengthening for your bones.* (CSB)

VII. The Consistency Principle

The value of a quiet time _____ with _____.

— **Joshua 1:8** | *This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.* (CSB)

The Logistics of a Quiet Time

I. When should you have your quiet time?

— **Psalms 5:3** | *In the morning, LORD, you hear my voice; in the morning I plead my case to you and watch expectantly.* (CSB)

— **Psalms 59:16** | *But I will sing of your strength and will joyfully proclaim your faithful love in the morning. For you have been a stronghold for me, a refuge in my day of trouble.* (CSB)

— **Psalms 88:13** | *But I call to you for help, LORD; in the morning my prayer meets you.* (CSB)

— **Psalms 143:8** | *Let me experience your faithful love in the morning, for I trust in you. Reveal to me the way I should go because I appeal to you.* (CSB)

II. Where should you have your quiet time?

III. How often should you have your quiet time?

You are never _____ to skip your quiet time.

IV. How long should your quiet time last?

Something every day is better than a _____ once in a while.

Cautions about your Quiet Time

I. This is not the _____ of the Christian life.

**II. A Quiet time is not a substitute for _____,
_____, or _____.**

**III. We must be careful that our quiet time does not
_____.**