



The Mechanics of a Quiet Time

Common Models

- ACTS Prayer Outline
 - Adoration
 - Confession
 - Thanksgiving
 - Supplication

- CHAT Prayer Outline
 - Confess
 - Honor
 - Ask
 - Thank

- Devotional Books
 - Open Windows
 - Daily Bread
 - My Utmost for His Highest

- Bible Reading Plans
 - M'Cheyne
 - Through the Bible in a Year
 - YouVersion Plans

The Five Elements of a Quiet Time

I. Praise

II. Thanksgiving

III. Confession

IV. Bible Study

V. Supplication

Praise

Praise is an outward expression of the thoughts of our heart.

— **Psalm 34:1** | *I will bless the LORD at all times; his praise will always be on my lips.* (CSB)

— **Psalm 51:15** | *Lord, open my lips, and my mouth will declare your praise.* (CSB)

Praise is the posture of our approach to God.

— **Psalm 100:4** | *Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name.* (CSB)

— **Hebrews 13:15** | *Therefore, through him let us continually offer up to God a sacrifice of praise, that is, the fruit of lips that confess his name.* (CSB)

An Investigation of David Praise...

— **Psalm 63:1** | *God, you are my God; I eagerly seek you. I thirst for you; my body faints for you in a land that is dry, desolate, and without water.* (CSB)

— **Psalm 63:2** | *So I gaze on you in the sanctuary to see your strength and your glory.* (CSB)

— **Psalm 63:3** | *My lips will glorify you because your faithful love is better than life.* (CSB)

— **Psalm 63:4** | *So I will bless you as long as I live; at your name, I will lift up my hands.* (CSB)

— **Psalm 63:5** | *You satisfy me as with rich food; my mouth will praise you with joyful lips.* (CSB)

— **Psalm 63:5** | *My soul is satisfied as with marrow and fatness, and my mouth offers praises with joyful lips.*
(NASB95)

— **Psalm 63:6** | *When I think of you as I lie on my bed, I meditate on you during the night watches* (CSB)

— **Psalm 63:7-8** | *because you are my helper; I will rejoice in the shadow of your wings. I follow close to you; your right hand holds on to me.* (CSB)

How to praise

A. Come to God with an attitude of eagerness based on your relationship with him.

B. Meditate on the wonder, character, and beauty of God.

C. Express your thoughts of praise outwardly.

How to praise in your Quiet Time

A. Address the Lord as your Father and your God.

B. Use Scripture to highlight and prompt your meditation on the wonder, character, and beauty of God.

Prompts are provided in the Praise & Thanksgiving Prompts booklet.

The verses are grouped by theme.

After you do this awhile, you will not need the prompts.

C. Write a sentence or two down that expresses something of the glory of God.

Sandbox

- Look at the bottom of the first page of the Praise & Thanksgiving Prompts booklet.
- Read Psalm 89:13 and Jeremiah 32:27.
- Spend about two minutes pondering what this points to about the character and nature of God.
- Write down one sentence of praise.

Thanksgiving

A lack of thankfulness to the Lord is the root of all sins.

— **Romans 1:21** | *For though they knew God, they did not glorify him as God or show gratitude. Instead, their thinking became worthless, and their senseless hearts were darkened.* (CSB)

— Satan's sin

— Eve's sin

— Stealing

— Adultery

— General sin

— **James 1:17a** | *Every good and perfect gift is from above, coming down from the Father of lights.* (CSB)

We are commanded to give thanks.

— **1 Thessalonians 5:18** | *give thanks in everything; for this is God's will for you in Christ Jesus.* (CSB)

— **Psalms 136:26** | *Give thanks to the God of heaven! His faithful love endures forever.* (CSB)

— **Psalms 105:1** | *Give thanks to the LORD, call on his name; proclaim his deeds among the peoples.* (CSB)

— Notice that we are to "give" thanks.

— This is an action not an attitude.

We need to give thanks.

— Few things more therapeutic than giving thanks.

How to give thanks in your quiet time.

— **Psalm 100:4** | *Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name.* (CSB)

A. Review a “Thanksgiving prompt.”

— You won’t have to use the prompts after a while.

— Allow the thanksgiving prompts to be your training wheels.

B. Write something down!

— Thankfulness that is not expressed is not thankfulness.

Sandbox

- Read the third thanksgiving prompt.
- Write down the names of two people and why you are thankful the Lord put them in your life.