

Quiet Time with God Tools

For many Christians, one of the most basic, but also the hardest and best spiritual discipline, has been having a regular quiet time alone with God. This is all about developing your personal relationship with God through reading, reflection and prayer. This is one of the most basic and powerful ways to develop greater intimacy in your relationship with God.

If you have never had a daily quiet time with God, or if this is a habit that you have struggled with developing in the past with difficulty, or if this is a habit you have had for years but you are looking for a fresh way to experience time with God, then take a look at the options below and pick one to start with. Make sure you find a couple of friends who will also commit to spending time alone with God in some way, and get together after one or two weeks to share the results and keep each other accountable. You may decide to all use the same tool, or to each pick a different tool – it's up to you.

The goal is to set aside a regular time to be alone with God so that you are able to quiet your own spirit, hear what He is saying to you and share what's on your heart with Him. The goal is not necessarily to have a perfect record of meeting with God every day for 30 days, but a goal of 30 days of quiet times (for example) or similar goal will be very helpful in clarifying what you are seeking to do as well as give you a definite time to meet with your friend(s) and evaluate how it went. Then you will want to make modifications as needed in order to continue exploring how to have a meaningful time alone with God.

Level 1

Option 1

Read through the "Time Alone with God" document and respond to the questions within, sharing what you learned about yourself with others, especially what your next action steps will be.

<http://www.cschurch.ca/mediafiles/toolboxtimealone.pdf>

Option 2

Read through Chapter 3, "Developing My Relationship with God", in the 1-1 Discipleship – Disciple's Workbook binder, and discuss with your friends. Begin to use what you learned to have a quiet time with God.

<http://www.cschurch.ca/mediafiles/toolboxchapter311discipleship.pdf>

Level 2

In the Spiritual Disciplines Handbook by Adele Calhoun, read through "Silence" (pages 107-110) and respond to three reflection questions and two spiritual

* Most resources are available through the Appleseed Resource Centre (library or bookstore).

exercises. Meet and discuss with your friends what you learned. Now do the same with “Solitude” (pages 111-114).

<http://www.cschurch.ca/mediafiles/toolboxsilencesolitude.pdf>

Taken from *Spiritual Disciplines Handbook: Practices That Transform Us* by Adele Ahlberg Calhoun. Copyright(c) 2005 by Adele Ahlberg Calhoun. Used by permission of InterVarsity Press PO Box 1400 Downers Grove, IL 60515. www.ivpress.com.
<http://www.ivpress.com/cgi-ivpress/book.pl/code=3330>

Level 3

Find 2-3 friends (or your small group) who commit to going through the 6-week DVD material called Sacred Rhythms by Ruth Haley Barton. Watch and discuss the weekly lesson together, and then determine what you will practice on your own throughout the week. At the end, reflect on and share with the group the top 2 things that you learned from this experience, and how they have shaped the way you are now pursuing a deeper relationship with God in your everyday life.

Going Deeper Resources*

“Spending Time with God” (Appendix 8) in Spiritual Disciplines Handbook by Adele Calhoun

Sacred Rhythms by Ruth Haley Barton

Invitation to Solitude and Silence by Ruth Haley Barton

Practical Tools for spending time with God:

- Bible Reading Plans: Bible Reading Challenge plans provided through Centre Street Church; 1-1 Discipleship binder (green spine binder available through the Appleseed) includes a brief Bible reading plan; variety of plans available through www.youversion.com
- Daily devotional booklets (include Scripture, thoughts, prayer), such as Daily Bread (available at the Information Centre or through www.rbc.org)
- Other daily devotional resources listed at www.time4god.org

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