



HOW TO HAVE A MEANINGFUL QUIET TIME

ADRIAN ROGERS



Pastor, teacher, and author **Adrian Rogers** has introduced people all over the world to the love of Jesus Christ, and has impacted untold numbers of lives by presenting profound biblical truth with such simplicity that a 5-year-old can understand it, yet it still speaks to the heart of the 50-year-old.

Love Worth Finding was started in 1987 as the broadcast ministry of Adrian Rogers and remains the exclusive provider of his comprehensive teachings today. By connecting others with his plainspoken and timeless biblical wisdom through resources like books, video and audio recordings, digital content, and other media, we seek to not only reach non-Christians with the hope of Jesus, but strengthen and encourage everyday Christians in their faith as well.



TRUTH WORTH SHARING ■ DISCIPLESHIP COLLECTION

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TRUTH WORTH SHARING

Following Jesus' last words of earthly instruction to us in Matthew 28:19, Love Worth Finding's *Truth Worth Sharing* collections are designed to be used both in your own personal growth and, more importantly, in your assignment to "Go therefore and make disciples..."

“God can use you, with what you have, where you are. And He will supply your every need.”

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This booklet is taken from Adrian Rogers' message *How to Have a Meaningful Quiet Time* (#1806), available online at the link below.

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How to Have a Meaningful Quiet Time

O how love I Thy law! it is my meditation all the day. Thou through Thy commandments hast made me wiser than mine enemies: for they are ever with me. I have more understanding than all my teachers: for Thy testimonies are my meditation. I understand more than the ancients, because I keep Thy precepts. I have refrained my feet from every evil way, that I might keep Thy word. I have not departed from Thy judgments: for Thou hast taught me. How sweet are Thy words unto my taste! yea, sweeter than honey to my mouth! Through Thy precepts I get understanding: therefore I hate every false way. (Psalm 119:97-104)

Christianity is not a legal relationship but a love relationship. And those who are legalists will never have victory. There *are* some do's and don't's in the Christian life, but ten thousand *don't's* will never make you one iota more like the Lord Jesus Christ. It is Jesus Himself Who makes you like Him. But you need to get to know Him and spend time with Him.

Just as in human relationships, you cannot love someone you don't know. And you can't know

someone you don't spend quality time with. To know Jesus is to love Him. To love Him is to trust Him. To trust Him is to obey Him. And to obey Him is to be blessed. And it all begins with a quality quiet time—a daily communication with the Lord.

I'm not trying to make you feel guilty, and I'm not saying that I have it all worked out; but I have learned some things. And I want to share with you what others have taught me and also some things I've learned in my own pilgrimage about having a quiet time. I want to give you five factors for having a meaningful quiet time.

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The Proper Period

I dare say that most people feel they don't have time for a quiet time. But you do have time if you will determine to do so. You won't just *find* this time. The devil will see to that. You have to *make* the time.

If you study the life of the Lord Jesus, you will find that He made time to be alone with the Father. In the midst of a very busy ministry, He would withdraw Himself and be alone.

It may seem to some of you who are efficiency experts that to have a quiet time is a waste of time. But if you are chopping wood, is it a waste of time to sharpen the axe? If you're going on a trip, would you be wasting time by studying the map? If you're trying to read a book, would you be wasting time by turning on the light?

You see, God's Word is a lamp to light your way, a map to show the way, and a tool that you work with along the way. So it's very important that you make time to study it.

I have found that it takes at least a half an hour to have an effective quiet time. But some time is better than no time. So start out with some time. And choose the right time. Here are two keys in determining when to have your quiet time: it should be early in the day, and it should be your very best time. Don't give the Lord your leftovers.

■ AN EARLY TIME

Psalm 5:3 tells us, **“My voice shalt Thou hear in the morning, O LORD; in the morning will I direct my prayer unto Thee, and will look up.”** Why in the morning? Well, because that’s when you’re getting ready to live the day. An athlete knows it’s the start that ensures a good finish. You don’t take a trip and then read the map, do you? You don’t get the car tuned after you’ve taken the trip. And you don’t pray for your daily bread when the day is over. Your prayers should unlock the key of the morning. Get your day started with God.

■ THE BEST TIME

Give God your very best time. The best time for me is sometime after breakfast. I have to get up and get started first. I never want to get up; it’s a resurrection for me every morning. Oftentimes, it’s difficult to force the bed off my back! I don’t know whether that’s a sin or not; it’s just the way I’m wired.

But the longer I go, the stronger I get. And if I want to be alert, I have to get up and get going first. For me to have my quiet time when I first wake up would just be a good cure for insomnia. If I bowed my head and closed my eyes, I’d be off again. I have to get up and get ready first. I generally bathe, shave, and have breakfast first. Joyce and I will have a prayer time together at breakfast. Then, I will retire to my study. By then, it’s my best time. What I’m trying to say is, it’s got to be early; but it needs to be your best time. Ask God when that time is, and don’t try to find it, make it.



The Proper Preparation

There are at least three things that will prepare you for your quiet time:

■ BE ALERT

You must be physically alert. Find a time when the cobwebs are out of your mind and you can think clearly. Bring all the mental acuity you have to your quiet time.

■ BE CLEAN

You must be morally pure and clean. Your quiet time is fellowship with a holy God. The reason some don't have a quiet time is because they feel uncomfortable. They don't want to look God in the face because there is sin in their lives.

What did Adam do after he had sinned and God came walking in the garden? He fled. Yet before that, he had had a quiet time with God. Why, Adam and God had walked in the garden and had fellowship. That was Adam's quiet time—walking in the garden in the cool of the day. But when there was sin in his life, Adam fled and did not want to look God in the face. If you find yourself reluctant, maybe even bothered by what I'm talking about; it may be simply that there is sin in your life.

To have your heart clean and pure, it may be that part of your quiet time will be spent getting your heart ready. Psalm 66:18 says, "**If I regard iniquity**

in my heart, the Lord will not hear me.” We quote other prayer promises, but this is a prayer promise too. It’s foolish to pray from a wicked heart. You need to take yourself by the nape of the neck and confess your sins.

That just simply means at the very beginning of your quiet time, you should say, “Oh, God, search my heart, try me, and see if there be some wicked way in me” (see Psalm 139:23-24). And if God, the Holy Spirit, points any out, 1 John 1:9 says, **“If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”** There’s no reason any of us should not be as clean and pure as the driven snow. The blood of Jesus cleanses us from all sin—not some, but *all*. And don’t let the devil intimidate you for some past failure. Through the precious blood of Jesus and by the grace of God, you can be clean.

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■ BE AWARE

You must also be mentally aware. In 1 Peter 1:13, the Bible tells us to gird up the loins of our minds. In Bible times the men wore long flowing robes. And when a man was going to work, to plow, or to fight; he would take the loose ends and gird them up and tie a rope around them so he wouldn’t trip over them.

Your mind is like that. You have a lot of loose ends. And in order to have a quiet time, you have to get mentally tough. It's hard for me. My mind wants to run off on all kinds of ideas. And I have to gird up the loins of my mind and bring it under control.

When you come to your quiet time, you should be serious. Come eagerly with anticipation—expecting to receive something. And don't just wait until you get all warm around the heart and wet around the lashes. Be tough minded. Say, "I'm coming, Lord." And emotion doesn't really have all that much to do with it. God is always present, and your emotions won't bring Him any nearer. He is near by the blood of Jesus Christ. What you need to do is to be physically alert, morally pure, and mentally aware.



The Proper Place

To have a meaningful quiet time, you must also find the proper place. Jesus said to enter into your closet and pray (see Matthew 6:6). But He did not necessarily mean your clothes closet. The word *closet* simply means “a place of isolation.” You need to go somewhere where you can shut the door on the world and open the windows to heaven. As you study the life of Jesus, you will find that Jesus was not always in a literal closet, but He sought to be alone. Sometimes, He went out onto a mountain. Other times, He went into the wilderness. And still others, to a garden.

You see, it is the secret place that is the sacred place. Now, when I say the secret place, I don’t mean a place that no one else knows about. I simply mean a place where you can be alone with the Lord.

He knows that what you are when you’re alone is what you really are. The mark of your prayer life is not how well you pray in public but how well you pray in private. Your Father Who sees you in secret will reward you openly (see Matthew 6:6). Being alone keeps us from being hypocrites.

Another reason that you go to the secret place is to avoid distraction—visual and audible. I’m blessed to have my study at my house where I can go to be alone. My wife has a place where she goes also. There’s a hallway that connects our garage

to our living room, and we have a little nook out there. That's the place she retires to to be alone with God.

Pray and ask God to give you a place. It may just be your bedroom. It may be, if you have a lot of children in the house, that you have to go the bathroom and lock the door. Wherever it is, find a special place to be alone with God.

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The Proper Provisions

Additionally, in order to have a meaningful quiet time; you need to have the right tools. And these are going to include:

■ A READABLE BIBLE

Invest in a Bible, one you can write in and make notes in. Don't be afraid to write in your Bible. Wear it out and get another one! Don't throw the old one away, though. Save it and look back on it sometimes. It will be like an old friend to you. I have Bibles that are decades old. Sometimes, I go back and find notes I made there, and memories will spring up of things that God has taught me—things that I had long since forgotten. Somebody has said that the person that has a Bible that's falling apart probably has a life that isn't. So get a good, readable Bible. As a matter of fact, you may need two or three Bibles—maybe a study Bible and then one to bring to church.

■ A DEVOTIONAL JOURNAL

Instinctively, when I reach for the Bible, I reach for a pen. It would almost be unthinkable for me to read without a pen in my hand. Why? I expect God to give me something. Now, I don't write in my journal every morning, but I often do. You may have a good memory, but it is better to write it down. It impresses it in your mind. And the weakest ink

is better than the strongest memory. Expect God to give you something, and be prepared to write it down in your journal.

■ **A PRAYER JOURNAL**

I've kept a prayer journal for many years. It's where I list all of the people and things I'm praying for. I don't use it every morning, but I use it many mornings. I use it to remind myself of things that I'm praying for for myself, my family, my loved ones, and my friends. I can also keep track of answered prayers there.

■ **A NOTEPAD**

Keep a notepad handy just to jot things down that you need to do during the day—your daily assignments. Things will come to your mind as you pray. When you come to your prayer time, you are simply reporting for duty and asking God to show you what He wants you to do that particular day and pleading for power to do what He wants you to do. Those are the very simple things. There are many other tools you may want if you are into serious Bible study. You may want a Bible dictionary, a concordance, and other helps; but I'm just talking about for your quiet time. You're not there to prepare your Sunday School lesson. You're not preparing a sermon. You're just there to meet with the Lord.



The Proper Procedure

In order to maintain consistency and effectiveness in your quiet time, you need a proper procedure.

■ BE STILL

I recommend that the very first thing you do is just to get still and quiet. The Bible says, “**Be still, and know that I am God**” (Psalm 46:10). Calm down, relax, and recognize His presence. Fix your mind on Him. You are having a private interview with the Lord Jesus Christ. Let your mind dwell on the fact that Jesus is there with you. He has invited you to meet with Him, and you need to focus your mind on that privilege.

Personally, when I am getting ready to have time with Him, I look up and lift my hands to Him. I lift my hands in praise and say, “Lord, I praise You.” Then, I lift my hands again and say, “Lord, I surrender to You. I’m Yours! I am under Your control.” Then, I lift my hands a third time and say, “Lord, I’m ready to receive.” It’s such a blessing for me to say, “Lord, I lift my hands in praise. Lord, I lift my hands in surrender. Lord, I lift my hands in expectation.”

■ READ

Next, get into the Word of God. It’s better to start by reading the Bible than it is to begin in prayer. It is more important for you to hear from God than

for God to hear from you. God already knows all about you, but you need to know a lot more about Him.

Reading the Word of God will tune your heart and get you ready to pray. Listen to God and then talk to Him in prayer. Your quiet time is a time alone with God where you hear from God and He hears from you.

When you read the Bible, read for quality and not quantity. Don't see how much of the Bible you can read. Now, a goal to read the Bible through in a year is wonderful! Do that! But that's not your quiet time. If you're not careful, you'll be pushing ahead when you ought not to be. You might need to spend a whole morning on one verse.

Stop and think as your reading the Word of God: "What is God telling me?"—not what does this say, not what does God want me to tell somebody, not what am I going to teach in Sunday School—but what is God saying to me?

In one sense, read the Bible like you would read any other book. I mean, you wouldn't open a book at random and just start reading in the middle of a paragraph and then say, "Well, this book doesn't make sense to me." But that's the way a lot of people read the Bible. Read it sequentially, and read it in paragraphs or units. Use common sense when you read the Bible.

And keep your Bible reading balanced. Read from the Old Testament and from the New Testament. Read regularly from the Psalms. When you read the Psalms, you will learn to worship, and you'll receive encouragement. And read regularly from the book of Proverbs. There, you'll find wisdom.

Now, what about having devotional books? Well, they are wonderful, but this is not the place for them. Joyce and I read almost every morning

from Oswald Chambers' *My Utmost for His Highest*. It's wonderful, but not in your quiet time. This is the place where you just open the Bible and read intelligently, sequentially, and with an open mind. It's an opportunity to let God speak to you.

■ MEDITATE

Then, meditate on the Word of God. I don't mean mystical meditation. Oriental or mystical meditation incorrectly assumes that the answer lies within you. No. You are to think about what you've read. Focus on the Word of God and meditate on it. Let the Word of God permeate you. I recorded these five questions in the flyleaf of my Bible so I could refer to them often. Ask these with a clean heart, and the Bible will burst aflame to you:

- Is there a command to obey?
- Is there a promise to claim?
- Is there a sin to avoid?
- Is there a lesson to learn?
- Is there a new truth to carry with me?

■ RECORD

Next, record what God has given you. Write it down. This is where the prayer journal comes in. It doesn't have to be flowery. You're not writing for publication or to impress other people. Make it intensely personal; but once you do this, you'll find yourself sharing it with other people.

You'll have a wealth of material for lessons and devotions, though that's not even your purpose in doing it. At the same time, take that notepad and write down the things you need to do.

■ PRAY

Now you're ready to pray. Pour out your soul. Be natural. Don't try to use flowery language when you

pray. Jesus said don't use vain repetition (Matthew 6:7). Be honest with God. Tell Him how you feel; He already knows. But tell Him, and be honest. Refer to your prayer journal for continuing burdens and to remember people that you're praying for.

Pray out loud. It keeps your mind on track and enables you to stay focused. Try to make complete sentences and use good English when you pray. I'm not talking about King James English. Just speak simply to God. Speak clearly and plainly. Think about what you are saying when you pray, and don't rush. But don't draw it out either. Pray as long as you have a concern on your heart. And when you have finished, quit. Don't just keep repeating things trying to impress God with the number of words you say.

**Your spiritual train runs on
two rails. One is revelation,
and the other is obedience.**

■ **SHARE**

Then, begin to share out of your quiet time with one another. That will make you a blessing to be around. We ought to meet and exhort one another. You see, God did not make us to be reservoirs; He made us to be conduits.

■ **OBEY**

Finally, obey what God tells you to do.

Your spiritual train runs on two rails. One is revelation, and the other is obedience. If either

rail stops, your train stops. Just as the hymn tells us, “Trust and obey, for there’s no other way to be happy in Jesus, but to trust and obey.” Learn to obey the Word of God. And when you fail, confess it and get the train back on track.

Now you say, “Pastor, if I begin to do this, how soon will it be before I see a change in my life?” Well, you’ll see some change right away. But don’t expect anything radical or dramatic. But if you’ll get on a regimen of obeying the Word of God and feeding your soul, it will change you for eternity.



A Closing Plea

My friend, have you given your life to the Lord? Do you have the assurance that if you were to die right now, you would go straight to heaven? If not, please let me tell you how you can be saved, on the authority of the Word of God.

■ ADMIT YOUR SIN

First, you must understand and admit that you are a sinner. The Bible says, “**There is none righteous, no, not one**” (Romans 3:10). “**For all have sinned, and come short of the glory of God**” (Romans 3:23). Sin is an offense against God that carries a serious penalty. “**For the wages of sin is death** [eternal separation from the love and mercy of God] **but the gift of God is eternal life through Jesus Christ our Lord**” (Romans 6:23).

■ ABANDON YOUR EFFORTS

Second, you must abandon any efforts to save yourself. If we could save ourselves, Jesus’ death would have been unnecessary! Even “getting religion” cannot get you to heaven. The Bible says it is “**Not by works of righteousness which we have done, but according to His [God’s] mercy He saved us**” (Titus 3:5). Salvation is by God’s grace, “**...not of works, lest any man should boast**” (Ephesians 2:8-9).

■ ACKNOWLEDGE CHRIST'S PAYMENT

Third, you must believe that Jesus Christ, the Son of God, died for your sins. **“But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us”** (Romans 5:8). That means He died in your place. Your sin debt has been paid by the blood of Jesus Christ, which **“cleanseth us from all sin”** (1 John 1:7).

■ ACCEPT CHRIST AS YOUR SAVIOR

Fourth, you must put your faith in Jesus Christ and Him alone for your salvation. **“Believe on the Lord Jesus Christ, and thou shalt be saved”** (Acts 16:31). Salvation is God's gift to you! **“The gift of God is eternal life through Jesus Christ our Lord”** (Romans 6:23). **“Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved”** (Acts 4:12).

Pray this simple prayer from your heart:

Dear God, I know that I am a sinner. I know that You love me and want to save me. I know I can't save myself. Jesus, I believe You are the Son of God, who died on the cross to pay for my sins. I believe God raised You from the dead. I now turn from my sin and, by faith, receive You as my Lord and Savior. Forgive my sins and save me, Lord Jesus. In Your name I pray, Amen.

If you have prayed this prayer today, please contact us and let us know. Then go find and join a Christ-honoring, Bible-believing church near you!

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“ Point people to
Scripture and then
get out of the way.”

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