

Influence Ministries

40 DAYS IN THE WORD

LESSON 4

TITLE: PROBLEMS IN A DAILY QUIET TIME.

I hope you're enjoying this series about getting into the Word.

Want to ask you, how are you doing with your quiet time?

Are you spending daily time with God?

Have you carved out 5-15 min a day?

Let's talk about four common problems in a daily quiet time.

1. The problem of discipline.

The battle of the blankets

The Devil will attack you in this area.

You have to go to bed the night before telling yourself, you will get up and spend quiet time with God.

Suggestions:

Go to bed on time. Get up immediately be aware of quiet time robbers Go to bed with scripture on your mind

Allow your thoughts to be about God when you go to bed, and when you get up.

Psalms 1:1-2 Blessed is the man... his delight is in the law of the Lord; and in his law doth he meditates day and night.

2. The problem of dry spells The battle of the blahs

If you only have a quiet time when you feel like it, the Devil will make sure you never feel like it.

The issue is consistency. Purpose to do this.

Common causes of Spiritual dry spells:

Disobedience. Unconfessed sin in your life

Your physical condition.

To tired and over stressed.

Trying to do too much in a hurry.

Being in a rut. Vary the time and location.

Not sharing your insights with others.

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You're taking in but never giving out, you become stagnate.

Be honest with God. Your relationship with God needs to be consistent and honest.

Don't get weary in your quiet time.

Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

3. The problem of distractions.

The battle of the brain. Spiritual ADD

What to do:

Be sure you are thoroughly awake.

Read and pray aloud. Helps keep your mind from wondering.

Walk while you pray. A prayer walk.

Keep a note pad handy.

4. The problem of discouragement.

The battle of busyness.

Satan knows if he can take you out of the Word, he can take you out in the battle.

Lukewarm Christians neglect their time with God.

What to do:

Make a covenant with God. Spend some time with Him every day.

Put in into your weekly schedule. Put it on your calendar.

Set an alarm on your phone.

Be prepared for the devil's excuses and attacks.

Leave your Bible open to the passage you intend to read the next morning.

RELY ON THE POWER OF GOD