

**CHRIO SEED OF LIFE CHURCH**  
(Formerly Christ Foundation Gospel Ministries)  
Apatapiti layout, Phase 2, Orunmoluyi Street, Opposite Zion Hostel Gate, FUTA

**BIBLE STUDY**

**THEME:** Living in the Kingdom: God Reigns

**TOPIC:** Quiet Time

**MAIN TEXTS:** Psalms 63:1-8, Mark 1:35

**MEMORY VERSE:** Mark 1:35 (Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. NIV)

**INTRODUCTION**

In every profession, to attain maximum height and excellence, there are certain behaviors, attitudes and activities that one must engage in. The Christian faith is not also different. There are very primary and fundamental disciplines that a Christian must subject himself to in order to stand in the faith. One of such very fundamental discipline is the Quiet Time. Quiet Time is that moment spent alone with God in communion as we pray, listen to Him, and study the Bible. To have an effective Quiet Time you will need a quiet place, a Bible, a note book, a pen and a good daily Bible Reading devotional such as the Anchor, etc

**OUTLINES**

1. In your own words what do you understand by Quiet Time?
2. How do the following passages shed light on quiet time? Mark 1:35, Matt. 14:23
3. From Ps. 63:1-5, what should our quiet time look like?
4. What are the benefits of this time spent communing with God? Ps. 63:1-5
5. Why are those items listed in the introduction necessary for an effective quiet time?
6. Write down the timing and the place for your quiet time and share with your group why you choose that.
7. Discuss the practical challenges confronting you from having an effective quiet time with God and how you can handle them.

**CONCLUSION**

Christian programmes and wonderful fellowship meetings are good but it must never replace your personal time with God. That is the time you can hear very clearly God's voice for your own life. You must ensure that as a Christian you don't toy with your quiet time. It helps your spiritual growth and maturity. May this study help you make this discipline a fundamental daily duty of your life.

**FURTHER READING:** Exodus 33:7-23

1. Quiet Time Dynamics by Stephen D. Eyre (NIFES Press, Jos)
2. The Pursuit of God by A. W. Tozer (Christian Publication. USA)
3. Desiring God by John Piper (Inter-Varsity Press) UK & USA