

# How To Have A Great Daily Quiet Time with God

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The object in any quiet time is to interface with God: the Father, Son, and Holy Spirit. God ministers to us differently through each manifestation of His being.

**Jesus is our burden bearer.**

We go to Him with our struggles, questions, problems, petitions, worries, hurts and confusions. He is our brother who's 'been there.' We need to cultivate an intimacy with Him by sharing stuff with Him, knowing He's not expecting us to be perfect, just honest.

**The Holy Spirit wants to minister to us.**

We need to invite Him to come to us first thing each morning. When He comes He brings that clear intimacy with Jesus that we need to lay our burdens down. It's good to spend time each day waiting before the Lord and asking Him to speak to you through His Spirit the things He wants to say.

I usually pray something like this: 'Come Holy Spirit and reveal to me the deep things within me that I need to see: little deceptions and lies to myself and others; areas of internal pressure (demons) that have been the driving force behind my actions lately; and revelations of your faithfulness in areas where I'm scared'

I then sit still and begin to command the enemy to depart from my will, emotions, mind, physical body, etc. Daily persistence in self-deliverance can bring about the rewards of starting each day without anything 'on' you.

**The Father seeks those who will worship Him in spirit and truth.**

Every day we need to spend time in pure adoration of the Father. This is usually done best by singing in the Spirit, or in your own language, worship songs and melodies that extol His glory. This is how to enter the inner court. If you can get in there, even if just for a little while each day, you'll begin to experience a freedom you've probably never known.

I like to think of my time with the Father as the end goal of any quiet time. I start off with laying my burdens at Jesus' feet and asking the Holy Spirit to come and convict me, deliver me, or bring His peace. Some days I find myself reversing that and asking the Holy Spirit to come and get this heaviness, hurt, etc. off so that I can go and fellowship with Jesus. Then there are some days (not as frequent) when I'll start off worshipping and adoring the Father right from the start. Frankly, the days when I approach God in that order I tend to experience some of my most powerful quiet times.

If you can grasp these revelations and will begin approaching God in a threefold manner, I'm sure that a lot of the struggles you're presently experiencing will begin to disappear.

**Here are some other ideas and things I've done during my quiet times with God:**

- Sing in the Spirit for 5-10 minutes then rest in the resultant peace.
- Go through your church directory, read over the names and pray for each one, asking the Lord to have you focus on those who have a particular need that day.
- Just be still and corral your thoughts one by one under Jesus' authority.

- Read passages in Psalms or Proverbs, sit still and ask the Lord for discernment concerning the spiritual activity going on around you and respond accordingly.
- Pray for each member of your family, asking for salvation, healing, etc., and rebuke any demonic spirits that you discern.
- Sing in the Spirit and ask the Lord to deliver you of internal bondages and strongholds while you're singing!
- Get still and ask the Lord if He has any revelations to give you concerning others and their needs through visions, pictures, or words in the Spirit. Always keep a pen and paper available to write down the stuff you see or perceive. The more you do this, the clearer and easier it gets to hear Him this way.
- Get still and ask the Lord to show you 'things to come' (see John 16:13)
- Get some juice and a piece of bread and 'break bread' with the Lord.
- Kneel down and worship Him with your hands raised.
- Pray for everyone you can that's in a position of authority.

Now go, and enjoy your 'Quiet Time' with God!

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