"Daily Appointment with God"

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WHAT IS A DAILY APPOINTMENT WITH GOD?

If you received a call tonight from a very important person asking you to meet them for breakfast early tomorrow, I'm sure you'd change your schedule, even get up earlier than normal, to be able to sit down and talk with them.

Every Christian has the opportunity for a personal meeting with the most important Person in the world. The God of the universe invites you to spend time with Him every day.

Many Christians call this daily appointment their ***Quiet Time (QT)***. It is just that — a *quiet time*. It is a segment of your day that you set aside to quiet your mind and heart from the distractions of life and focus your attention upon the Lord God.

FEEL LIKE YOU ARE TOO BUSY TO HAVE A QUIET TIME?

QT's do not have to be long. They don't need to last a particular length of time. As you grow and learn in your Christian life you will find yourself spending more time, but start off with 7-10 minutes. I'll give you some suggestions of what to do shortly.

Time Enough

You will find you have time enough to meet with God if you TAKE TIME away from tv, novels, newspapers, computer, hobbies.

Go to bed a half hour earlier.

WHEN SHOULD YOU HAVE A QT?

Many people take time at the start of their day to read in the Bible and pray. They desire to meet with God before facing the demands of a busy day. Others set aside a period in the afternoon or evening for their Quiet Time. Whether you are a morning person or a night owl, select a time that will work best for you. Your aim is to be consistent.

Jesus made it a priority to have a Quiet Time even when He was tired. Though His previous day had been very exhausting, He made sure to get up early and find a solitary place to pray and talk to His Father in heaven. **Mark 1:35** records it, *"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."*

In the Old Testament, one of the greatest kings was **David**. In spite of being very busy, he wrote that he would start his day meeting with God in the following two psalms.

Psalm 5:3 *In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.*

Psalm 143:8 *Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.*

Some Psalms were written by other people. They also conveyed the same desire of looking forward each day to spending time talking with God and reading His Word.

Psalm 42:1-2 *As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?*

Psalm 130:5-6 *I wait for the LORD, my soul waits, and in his word I put my hope. My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.*

WHY SHOULD YOU HAVE A QT?

Spending a few moments each morning reading the Scripture and praying is not your *duty* or *obligation*. Rather, it is the **privilege** of talking with your best Friend, the One who loved you enough to die for you on the cross. It is your opportunity to find refreshment, encouragement, strength and guidance for your day.

I know you are busy. But don't let other activities crowd out your time alone with God each day. We are told in **Luke 10:38-42** that Jesus visited the home of two sisters, Mary and Martha. Martha was rushing to get food and everything else ready to serve Him. Mary, on the other hand, stopped what she was doing to sit at Jesus' feet and listen to Him. When Martha complained to Jesus that Mary wasn't helping her, He responded by **commending Mary for sitting and listening to Him**. He said, *"Mary has chosen what is better."* In other words, even though you are busy, Jesus deserves your undivided attention before you rush off to your day.

WHERE SHOULD YOU HAVE A QT?

The key is finding a *solitary* place, a place where you won't be interrupted. It might be the kitchen table, or a favorite chair. It could be in your parked car at work, before your day begins or at lunch time. You simply want a place without distractions.

WHAT DO YOU DO DURING A QUIET TIME?

Begin with prayer: *"Lord, I'm looking forward to meeting with You today. Thank You so much for loving me. Without Your help today, I will blunder through, so I desperately need to hear from You. Please help me to understand Your Word and open my heart to be willing to obey what You show me."*

Use a simple format of only three steps — observing what the Bible says, personal insights and thoughts, and a prayer. I use stick figures to represent each of these steps. An example is on the following page.

= What it says

The first step is taking time to observe what the Bible actually says. Draw a little box on the left border of your page and then write what the text says. You don't have to rewrite the exact words of the Scripture. Paraphrase or summarize it in your own words. You'll see how I did that in the sample on the next page.

= My insights

Draw this picture of an eye to start the next segment. Now you record your own insights or questions about what the text says. Try to answer the questions, "What difference should this passage have in my life? What principles seem to be embedded in this portion of God's Word?"

= My prayer

Write out a prayer to the Lord. Ask God to help you apply what you've read to your life. Ask for His strength and guidance for your day.

Close with prayer: *"Lord, thank You for this time. I want to enjoy You today and bring pleasure to Your heart. So help me to put into practice today what You've shown me. I love You."*

HERE'S MY SAMPLE QUIET TIME

You will learn this simple method of having your own Quiet Times by using the book of Philippians. Here's some background to help you understand the book. It was written by a Christian missionary named Paul. He is often referred to as the **Apostle Paul**. Before he became a Christian, he was trying to destroy the Christian movement. But after he was saved, he became one of the greatest missionaries the world has ever seen.

Paul traveled extensively, sharing the gospel and starting churches. One such church was founded in the city of Philippi in the northeastern part of Greece. Philippians is the letter he wrote to the Christians in that city about ten years later, around AD 62.

Below is a sample Quiet Time in Philippians 1:1-6 in which I've recorded my observations, insights, and prayer.

Date_____

Philippians 1:1-6

1 Paul and Timothy, servants of Christ Jesus, to all the saints in Christ Jesus at Philippi, together with the overseers and deacons: 2 Grace and peace to you from God our Father and the Lord Jesus Christ.

3 I thank my God every time I remember you. 4 In all my prayers for all of you, I always pray with joy 5 because of your partnership in the gospel from the first day until now, 6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Paul was very grateful for the Christians in the town of Philippi. Their partnership with him in spreading the gospel brought a smile to his face when he'd remember them.

Paul prayed often for them and was confident that the work Jesus had started in them would continue to blossom and mature, right up to the time Jesus returned.

There have been people in my life who have spurred me on in my walk with Christ. By their example of living for the furtherance of the Gospel, they have kept me on track. I need to lift them up in prayer. I also am challenged to send them cards stating how much they have blessed my life.

My growth as a Christian is assured because of Jesus' faithfulness to finish what He started in me. Of course, I have the responsibility to cooperate with the Lord. The best way to keep growing and maturing is to be sharing the gospel regularly and seeking to live a holy life.

Lord, I want to cooperate with You and participate with others today in spreading the gospel. Open my eyes to an opportunity to share You with someone today.

Thank You, Jesus, for loving me today more than I can ever imagine. Thank You also for giving me Your Bible to guide my life. I love You, Lord, and surrender myself to Your will today.

LET'S HAVE A QUIET TIME

Let's practice right now using **Psalm 1:1-3**

1 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.
2 But his delight is in the law of the LORD, and on his law he meditates day and night.
3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

What does it say?

What insights or questions do you have?

Write out your prayer.

There are blank pages that follow so that you can have 30 Quiet Times through the book of Philippians. You will notice in this chart that you are covering only a handful of verses each day.

Philippians

1:1-6	2:1-2	3:1-3	4:1-3
1:7-11	2:3-4	3:3-7	4:4-7
1:12-14	2:5-8	3:8-9	4:8-9
1:15-18	2:9-11	3:10-11	4:10-13
1:19-21	2:12-12	3:12-16	4:14-17
1:21-26	2:14-18	3:17-19	4:18-19
1:27-30	2:19-24	3:20-21	4:20-23
	2:25-26		
	2:27-30		

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 1:1-6

1 Paul and Timothy, servants of Christ Jesus, To all the saints in Christ Jesus at Philippi, together with the overseers and deacons: 2 Grace and peace to you from God our Father and the Lord Jesus Christ. 3 I thank my God every time I remember you. 4 In all my prayers for all of you, I always pray with joy 5 because of your partnership in the gospel from the first day until now, 6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:7-11

7 It is right for me to feel this way about all of you, since I have you in my heart; for whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. 8 God can testify how I long for all of you with the affection of Christ Jesus. 9 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, 10 so that you may be able to discern what is best and may be pure and blameless until the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 1:12-14

12 Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. 14 Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.

Philippians 1:15-18

15 It is true that some preach Christ out of envy and rivalry, but others out of goodwill.16 The latter do so in love, knowing that I am put here for the defense of the gospel.17 The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains.18 But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice,

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 1:19-21

19 for I know that through your prayers and the help given by the Spirit of Jesus Christ, what has happened to me will turn out for my deliverance. 20 I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. 21 For to me, to live is Christ and to die is gain.

Philippians 1:21-26

21 For to me, to live is Christ and to die is gain. 22 If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far; 24 but it is more necessary for you that I remain in the body. 25 Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, 26 so that through my being with you again your joy in Christ Jesus will overflow on account of me.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 1:27-30

27 Whatever happens, conduct yourselves in a
manner worthy of the gospel of Christ. Then, whether
I come and see you or only hear about you in my
absence, I will know that you stand firm in one spirit,
contending as one man for the faith of the gospel 28
without being frightened in any way by those who
oppose you. This is a sign to them that they will be
destroyed, but that you will be saved—and that by
God. 29 For it has been granted to you on behalf of
Christ not only to believe on him, but also to suffer for
him, 30 since you are going through the same struggle
you saw I had, and now hear that I still have.

Philippians 2:1-2

1 If you have any encouragement from being united
with Christ, if any comfort from his love, if any
fellowship with the Spirit, if any tenderness and
compassion, 2 then make my joy complete by being
like-minded, having the same love, being one in spirit
and purpose.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 2:3-4

3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others.

Philippians 2:5-8

5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself and became obedient to death— even death on a cross!

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 2:9-11

9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:12-13

12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act according to his good purpose.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 2:14-18

14 Do everything without complaining or arguing, 15 so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe 16 as you hold out the word of life—in order that I may boast on the day of Christ that I did not run or labor for nothing. 17 But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. 18 So you too should be glad and rejoice with me.

Philippians 2:19-24

19 I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. 20 I have no one else like him, who takes a genuine interest in your welfare. 21 For everyone looks out for his own interests, not those of Jesus Christ. 22 But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. 23 I hope, therefore, to send him as soon as I see how things go with me. 24 And I am confident in the Lord that I myself will come soon.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 2:25-26

25 But I think it is necessary to send back to you Epaphroditus, my brother, fellow worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. 26 For he longs for all of you and is distressed because you heard he was ill.

Philippians 2:27-30

27 Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. 28 Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. 29 Welcome him in the Lord with great joy, and honor men like him, 30 because he almost died for the work of Christ, risking his life to make up for the help you could not give me.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 3:1-3

1 Finally, my brothers, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. 2 Watch out for those dogs, those men who do evil, those mutilators of the flesh. 3 For it is we who are the circumcision, we who worship by the Spirit of God, who glory in Christ Jesus, and who put no confidence in the flesh—

Philippians 3:3-7

3 For it is we who are the circumcision, we who worship by the Spirit of God, who glory in Christ Jesus, and who put no confidence in the flesh— 4 though I myself have reasons for such confidence. If anyone else thinks he has reasons to put confidence in the flesh, I have more: 5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; 6 as for zeal, persecuting the church; as for legalistic righteousness, faultless. 7 But whatever was to my profit I now consider loss for the sake of Christ.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 3:8-9

8 What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God and is by faith.

Philippians 3:10-11

10 I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, 11 and so, somehow, to attain to the resurrection from the dead.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 3:12-16

12 Not that I have already obtained all this, or have
already been made perfect, but I press on to take hold
of that for which Christ Jesus took hold of me. 13
Brothers, I do not consider myself yet to have taken
hold of it. But one thing I do: Forgetting what is
behind and straining toward what is ahead, 14 I press
on toward the goal to win the prize for which God has
called me heavenward in Christ Jesus. 15 All of us who
are mature should take such a view of things. And if
on some point you think differently, that too God will
make clear to you. 16 Only let us live up to what we
have already attained.

Philippians 3:17-19

17 Join with others in following my example, brothers,
and take note of those who live according to the
pattern we gave you. 18 For, as I have often told you
before and now say again even with tears, many live
as enemies of the cross of Christ. 19 Their destiny is
destruction, their god is their stomach, and their glory
is in their shame. Their mind is on earthly things.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 3:20-21

20 But our citizenship is in heaven. And we eagerly
await a Savior from there, the Lord Jesus Christ, 21
who, by the power that enables him to bring
everything under his control, will transform our lowly
bodies so that they will be like his glorious body.

Philippians 4:1-3

1 Therefore, my brothers, you whom I love and long
for, my joy and crown, that is how you should stand
firm in the Lord, dear friends! 2 I plead with Euodia
and I plead with Syntyche to agree with each other in
the Lord. 3 Yes, and I ask you, loyal yokefellow, help
these women who have contended at my side in the
cause of the gospel, along with Clement and the rest
of my fellow workers, whose names are in the book of
life.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 4:4-7

4 Rejoice in the Lord always. I will say it again:
Rejoice! 5 Let your gentleness be evident to all. The
Lord is near. 6 Do not be anxious about anything, but
in everything, by prayer and petition, with
thanksgiving, present your requests to God. 7 And the
peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

Philippians 4:8-9

8 Finally, brothers, whatever is true, whatever is
noble, whatever is right, whatever is pure, whatever is
lovely, whatever is admirable—if anything is excellent
or praiseworthy—think about such things. 9 Whatever
you have learned or received or heard from me, or
seen in me—put it into practice. And the God of peace
will be with you.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 4:10-13

10 I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

Philippians 4:14-17

14 Yet it was good of you to share in my troubles. 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid again and again when I was in need. 17 Not that I am looking for a gift, but I am looking for what may be credited to your account.

What does it say? **What insights or questions do you have?** **Write out your prayer.**

Philippians 4:18-19

18 I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. 19 And my God will meet all your needs according to his glorious riches in Christ Jesus.

Philippians 4:20-23

20 To our God and Father be glory for ever and ever. Amen. 21 Greet all the saints in Christ Jesus. The brothers who are with me send greetings. 22 All the saints send you greetings, especially those who belong to Caesar's household. 23 The grace of the Lord Jesus Christ be with your spirit. Amen.