

THE **ONE** THING

THAT CHANGES EVERYTHING

“The One Thing that Changes Everything”

A Message to usher in a New Year

Psalm 119:97-104 & Selected Scriptures

Central Truth: Every follower of Jesus Christ should have a daily “Quiet Time.”

I. The “**WHAT**” of Quiet Time.

- 1) Quiet Time is a term that describes the **practice** of having a **daily** scheduled appointment with the Lord, a regular period of one-on-one **communion** with God through Bible study, meditation, memorization, and prayer.

II. The “**WHEN**” of Quiet Time.

- 1) Quiet Time is a **daily** practice.
- 2) While the appropriate time of day will differ among God’s people, God deserves the **best** of our time, which for most of us is first thing in the **morning**.

III. The “**WHERE**” of Quiet Time.

- 1) An **effective** Quiet Time requires a place of **solitude** and **silence**.

IV. The “**WHY**” of Quiet Time.

- 1) The **primary** objective of Quiet Time should be **intimate** fellowship with God.
- 2) The **secondary** objective of Quiet Time is to find **strength** and **guidance** for the day ahead.

V. The “HOW” of Quiet Time.

Step 1: Pray for guidance and cleansing

Step 2: Worship in song.

Step 3: Slowly read God’s word until He speaks to you.

Step 4: Write down anything and everything God says to you.

Step 5: Work on Scripture memorization.

Step 6: Close with supplication and intercession.

Scripture of the Week:

“The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, ‘Come away by yourselves to a secluded place and rest a while.’ (For there were many people coming and going, and they did not even have time to eat.) They went away in the boat to a secluded place by themselves.”

† *Mark 6:30-32* †