

DON WHITNEY'S BIBLE STUDY METHOD.

Prayer and Quiet Time-Why and How

In *Every Man a Warrior*, Lonnie Berger, describes loving God as “the foundational cornerstone of your whole Christian life. To develop your love relationship with anyone, you must spend time with that person. The time has to be consistent and with a directed focus if the relationship is going to mature to a deeper level over time. It's called a quiet time, and there are skills that will determine its effectiveness.”

What part does prayer play in the quiet time?

Adapted from *Praying Through the Scripture* by Donald Whitney (used by permission-biblicalspirituality.org)

Prayer is essential for the Christian, but it's not easy. Why is prayer so difficult? Why is prayer even sometimes boring? Why does 5 minutes of prayer feel like an eternity? Is it because we are second-rate Christians? No! So why is it so hard to be consistent in prayer?

1: The Problem

Our problem in prayer is we say the same old things about the same old things.

We often pray about family and friends, finances, the future, work or school, church or ministry, or the most current crisis with ourselves or others.

Prayer is often boring. When prayer is boring, we don't feel like praying. And when we don't feel like praying, it's hard to concentrate or pray for very long.

The things listed above are obviously important and we can continue to pray about them, but in a fresh new way.

2: What's the Solution?

The solution is simple and straightforward. If God expects and calls his people to pray, then consistent, meaningful prayer must be doable.

Praying Through the Scripture

When we pray, pray through a passage of Scripture, especially a Psalm.

When we sit down to pray, we are responsible for creating the words of our prayers. When we use the Scriptures, the words are provided for us, and all we have to do is pray!

3: The Method

Let the words of Scripture become the words of our prayers. For example, if we pray through Psalm 23, read, “The Lord is my shepherd,” and thank him for being your shepherd. Ask him to shepherd your family that day, to guide, protect, and provide for them. Pray that he will make your family members His sheep; that they will look to Him as their shepherd. Ask Him to shepherd you through the decisions you must make about your future. When nothing else comes to mind, go to the next line, “I shall not want” and continue to pray.

Determine a set amount of time you plan to spend in your session of reading and prayer. Simply go through the passage, line by line, praying what you find in the text or what it brings to mind. If nothing comes to mind or you don’t understand the verse, go to the next one. You may choose to spend a lot of time in a verse or move quickly through the passage. Nothing says you have to pray over every verse.

Keep doing this until you either (1) run out of time or (2) run out of Scripture.

Use the Psalms of the day. This divides the 150 Psalms into 5 Psalms for each 30 days in a month. Take the day of the month as your first Psalm. Then keep adding 30 to that number until you get 5 Psalms. So, on the 15th of the month, the Psalms of the day would be Psalm 15, 45, 75, 105, & 135. On the 31st of the month, use Psalm 119. Take 30 seconds to scan these 5 Psalms of the day, then choose one to pray through. If you get distracted, just come back to the next verse & continue. ²⁰

Learn more ideas about how to have a meaningful quiet time by reading *Repurposed Faith, Breathing New Life Into Your Quiet Time*, by Rosie J. Williams.

<http://www.rosiejwilliams.com>