

“Time Well Spent is a great introduction to the joys of having a regular time in which you give your attention to your relationship with God. It’s a short book and easy to read. But it’s packed with good advice and inspirational truth. I warmly recommend it, whether you’re thinking about starting a regular quiet time or want to refresh what you already do.”

Tim Chester, Faculty Member of Crosslands Training and author of *Enjoying God*

“Engaging, real, personal, scriptural and encouraging. It is time well spent to read this book and to let it refresh and renew your own Quiet Time.”

James Robson, Ministry Director of Keswick Ministries

“In a hectic and stressful world, nothing is more important for our spiritual health than the recalibrating effect of spending time with the Lord Jesus. Realistic, hopeful, and packed full of ideas, Time Well Spent can’t fail to kick start your devotional life.”

Dave Gobbett, Lead Minister of Highfields Church, Cardiff

TIME

A practical guide to

WELL

developing your daily devotions

SPENT

COLIN WEBSTER

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Psalm 19:7-14

The law of the LORD is perfect,
refreshing the soul.

The statutes of the LORD are trustworthy,
making wise the simple.

The precepts of the LORD are right,
giving joy to the heart.

The commands of the LORD are radiant,
giving light to the eyes.

The fear of the LORD is pure,
enduring for ever.

The decrees of the LORD are firm,
and all of them are righteous.

They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.

By them your servant is warned;
in keeping them there is great reward.

But who can discern their own errors?
Forgive my hidden faults.

Keep your servant also from wilful sins;
may they not rule over me.

Then I will be blameless,
innocent of great transgression.

May these words of my mouth and this
meditation of my heart
be pleasing in your sight,
LORD, my Rock and my Redeemer.



CONTENTS

| | |
|--|----|
| Introduction | 1 |
| 1. What Is a Quiet Time? | 3 |
| 2. Five Good Reasons for Having a Quiet Time..... | 7 |
| 3. Jesus' Quiet Time..... | 19 |
| 4. What Elements Make Up a Quiet Time? | 25 |
| 5. Common Problems Which Affect Our Quiet Time..... | 45 |
| 6. Some Tips to Try Out | 51 |
| 7. Using the Lord's Prayer and the Psalms | 61 |
| 8. Quiet Time Studies | 71 |
| <i>Study 1: Priorities and Distractions</i> | 72 |
| <i>Study 2: You Are Blessed</i> | 75 |
| <i>Study 3: Burn-out!</i> | 78 |

TIME WELL SPENT

| | |
|--|----|
| <i>Study 4: Back to Basics</i> | 81 |
| <i>Study 5: Light in Times of Darkness</i> | 84 |
| <i>Study 6: God Our Provider</i> | 87 |
| <i>Study 7: The Freedom of Forgiveness</i> | 91 |
| <i>Study 8: Amazed by Grace</i> | 94 |



INTRODUCTION

During my days at Moorlands Bible College in Bournemouth, I used to beg a lift from a fellow student who had a car. He picked up one other student called John, along the way. After first introducing myself to John, I was somewhat taken aback when, after only a few moments, he asked me, ‘So, how are your Quiet Times then?’ I don’t know what you would have replied but I hesitantly said, ‘OK, I suppose – as normal as anyone else’s, I guess!’ and quickly changed the subject of conversation. To be honest, I was actually rather embarrassed that he asked me that question – but why? I think the answer is that Quiet Times – devotional times – are often so personal and private that we rarely, if ever, discuss them with anyone else. John’s question was like having an intruder enter my home uninvited and rummage through my personal belongings!

For instance, if you are married, do you know what your husband's or your wife's Quiet Time is like? What about your best friend in church? Do you ever speak about it? Probably not. It's with this in mind that I have written down some gleanings from my own Quiet Times to take the lid off this best-kept secret.

Whether you are a new Christian or a mature believer, I hope you will find this book fuels your desire to set aside time to be alone with God. God's greatest desire is that you develop your relationship with him in order to become mature in your faith. Establishing a regular devotional life will also help you flourish as a believer so that you stand *out* as well as *up* for the Lord in this world. May you enjoy every precious moment spent at the feet of your Creator as you search his Word so that you become more like Jesus and serve him with joy.



1

WHAT IS A QUIET TIME?

The first time I heard the term ‘Quiet Time’ was from a young Zimbabwean called Simon Miller-Kranko, who at that time was training to be a hotel manager in London. As he began telling me something the Lord had taught him during his Quiet Time, I remember stopping him and asking, ‘What’s one of those?’ Up until that point I never knew what to call my daily time of Bible reading and prayer. (In much the same way I never knew what to call the dangly thing hanging down from the back of my throat until I married a doctor. Incidentally, it’s called the uvula!)

Put simply, a Quiet Time is time deliberately set aside in our day for seeking God as we prayerfully engage with his Word.

3

To aid our concentration, we need to remove ourselves from everything that would distract us. That means switching off the TV, radio or mobile phone (you'll survive!), and withdrawing to a quiet place away from every other competing voice. The aim of our Quiet Time is to focus on what God wants to say to us from the Bible and allow him to speak into our lives. It's the most important appointment of our day.

It's fair to say that most Christians struggle with their Quiet Times, myself included, so I do not have the spiritual high ground in this area. Our Quiet Times are full of ups and downs because we inevitably experience seasons of life which can be particularly demanding on us both physically and mentally. Everything from work demands, family circumstances or ill health can impact upon our devotional life, and we need to bear that in mind.

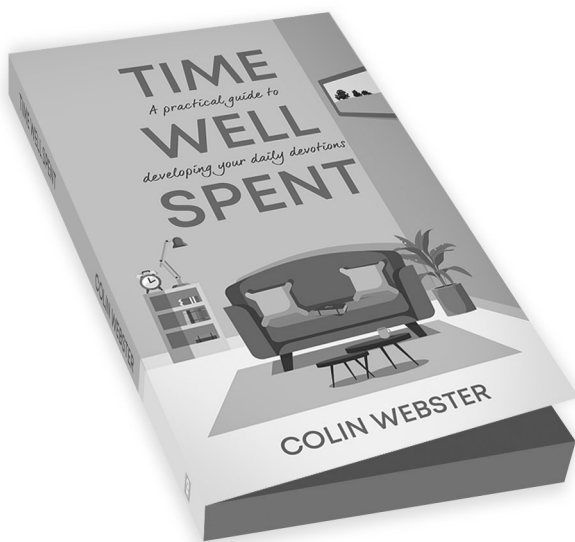
This short book will not be a magic wand that automatically sets you up with a great devotional life. I used to purchase Christian books with snappy titles, thinking that they would be a 'quick fix' to intimacy with the Almighty, requiring little or no effort from me.

But I soon discovered that if my walk with God was going to change, then it was going to take time, effort and commitment on my part. We don't like those three words because we live in such an instant world with its instant coffee, instant communication and instant results. Yet there is no product on the market which provides you with intimacy with God 'on the cheap'. Jesus didn't allow his disciples any shortcuts to intimacy with him, so we can't expect it either. Our relationship with God will only flourish if we invest time, effort and commitment.

QUIET TIME QUESTIONS

Are you keeping a regular Quiet Time? If not, what is hindering you? Are those hindrances avoidable or unavoidable? Do you think that in your busy life there is a part of your day that could be set aside in order to spend quality moments with God?





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