



THE
NAVIGATORS
SINGAPORE

How to *Seek God* *Daily*



You may perhaps be a new believer who has just received Christ. Or, you may have already believed in Jesus for many years but nevertheless desire to know Him more, to draw closer to Him, in order to live out a life of greater vitality.

If this is what you thirst for, no matter how long you have believed in Jesus, then this article introduces a simple method to help you do so.

New Life, New Relationship

When a person believes in Jesus, he is not receiving some sort of spiritual comfort or some kind of psychological sustenance *per se*. Believing in Jesus doesn't mean one has attained some kind of enlightened perspective that allows him to see all there is to life. Receiving Christ is also not about joining a religious organisation.

It is about knowing the God who created everything that exists (including humans). It is about getting to personally know God's only son, Jesus. It is not about getting God to fulfil one's whims and wishes. It is simply a sober realisation of one's sinfulness that is beyond self-help, acknowledging that Jesus had extended his rescue to oneself by dying on the cross to atone for one's sins.

Each believer who believes in Jesus as his Lord and Saviour must admit the fact that he is powerless to throw off the punishment of sins due him. He relies entirely on God's grace and by faith, invites Jesus into his heart to be his personal Lord and Saviour.

"For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast."

— Ephesians 2:8-9

The moment you sincerely receive Jesus as Saviour marks the turning point where you become God's child, forgiven of sins, given a new lease of life—it's like being born again!

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Have you been born again? If you are currently unsure of your relationship with God but would like to have a relationship with Him as your Father, you may like to tell Jesus the following words:

“Dear Lord Jesus, I know full well that I am someone who has sinned and still has sins in my life. I am unable to quit sinning by my own strength and will; I cannot save myself from my sins. You have already sacrificed yourself on the cross for my sins by dying to atone for my sins. I would like to invite you into my heart and life to be my Lord and Saviour. I am willing to change and alter my ways to follow your will, if that is what is meant by repenting. Thank you for listening to my request.”

1 John 5: 11-12 tells us clearly,

“And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life.”

The very moment you receive Jesus as your personal Lord and Saviour, you inherit eternal life. This assurance is guaranteed; based entirely on what God says—it is His promise and not some kind of sentiment or reasoning. It is also not the result of an effort anyone can come up with.

If you have already prayed the prayer to receive Christ, you are now a Christian with a new identity. You have established a new relationship with God—as His child!

John 1:12 says,

“Yet to all who received him, to those who believed in his name, he gave the right to become children of God.”

When you first went before God to repent of your sins, opening the door of your heart to accept Jesus as your Lord and Saviour, right there and then, God had already bestowed eternal life upon you.

What is Eternal Life?

Praying to receive Jesus is only the first step of a person's spiritual journey. Before knowing the Lord, we were simply living for ourselves. Now that we have believed in the Lord, we must change our ways and live our lives with Christ as the centre of our lives instead. To do this, we must establish a close relationship with our Lord Jesus.

Now, in order to develop a closer relationship with someone, we first need to familiarise ourselves with that person and this involves spending time to interact with him or her. It is the same with our Lord Jesus; we need to spend time to connect with Him, to get to know Him more.

This kind of intimacy cannot be developed just by going for fellowship gatherings once or twice a week. Many believers remain stunted in their spiritual growth; they misunderstand God's ways, find it difficult to stand firm in the faith, and often stumble when met with testing—mainly because they are missing out on a close walk with God.

Knowing God is the core of all spiritual experiences of saving grace. We were created to know Him; this is also the goal of our ceaseless pursuit.

John 17:3 says,

“Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.”

This “knowing” is not a theoretical kind of knowledge, it is not a textbook knowledge obtained from schools or seminaries, and it is not simply about

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accumulating information about God. It is a personal and experiential knowledge that is grounded in practicality.

The following two reasons explain the importance of truly and deeply knowing God.

1. God wants to reveal Himself to us

In Psalm 27:8 (NASB), David heard God saying, *“Seek My face”*.

John 14:21 tells us,

“Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him.”

We can see that God delights in fellowshiping with us and hopes to invite us to fellowship with Him. He beckons to us and even commands each of us as His sons and daughters to meet with Him daily, to draw nearer to Him—to know Him more!

Are we taking the initiative to submit to Him gladly and eagerly? To seek Him daily? To meet with Him?

Only God can help us to truly get to know Him. Never mind that there are countless angels who reverently adore and worship Him; He still chooses to enjoy a fellowship with mere mortals like us!

2. We must grow to know God more

“I am the vine, you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”

— John 15:5

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We need to draw spiritual nourishment from Jesus in order to be strengthened spiritually.

A handphone that has run out of battery would not function. A similar principle applies to us; we need to connect with God daily to get recharged from the inside out, in order to face the busyness and challenges that each day brings.

Thus, it is best for us to meet with this great God daily to foster an intimate relationship — to know this great God more, to love Him more, and to obey Him more.

Biblical Examples

Jesus

“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.”

— Mark 1:35

Jesus rose early in the morning and proceeded to a quiet place to commune with the Father in preparation for a busy day’s work ahead.

Moses

“Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the ‘tent of meeting’. Anyone inquiring of the LORD would go to the tent of meeting outside the camp... The LORD would speak to Moses face to face, as a man speaks with his friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.”

— Exodus 33:7, 11

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Moses knew that he could not handle all the affairs of the Israelites by himself. So, he established the habit of regularly frequenting the camp of meeting to meet with the Lord, to hear of His will and to seek wisdom on how to lead the Israelites in living a life that reveres God. Moses' relationship with God is so close that their time together can be described as a conversation between close friends and confidantes.

David

"In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation."

– Psalm 5:3

"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."

– Psalm 143:8

It was David's life habit to rise in the morning to listen out for God's voice and to share his heart to Him in prayer.

Your Choice

The three examples listed above have clearly exemplified how we can meet with God daily. Though our eyes have not seen Him, yet the Holy Spirit who lives in us enables us to commune with God face to face, "as a man speaks with his friend".

Thus, some have termed this spiritual practice as "Devotional Time" or "Quiet Time".

Would you be willing to respond to the invitation of the Lord, to draw near to Him?

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If you are, make a commitment to decide to meet with the Lord at a set time daily. Make this your prayer now and tell the Lord about it.

How to Meet with God Daily

There is notably more than one method to engage in the spiritual practice of seeking God daily to meet with Him. The ultimate aim of this spiritual practice is to connect with God and by doing so, to know Him more.

You may like to refer to the following recommendations to start your spiritual practice of seeking God daily. It takes at most 20 minutes. Once this has become a habit, you can go on to fine-tune the finer specifics of time and method accordingly.

What needs to be done: We are meeting the Lord in the spirit to communicate with each other. Thus, the spiritual practice of seeking Him has two essential requirements:

First, we need to take in the Word of God, to ponder over them.

"Let the morning bring me word of your unfailing love."

– Psalm 143:8a

Secondly, we need to respond to what God has said to us.

"In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation."

– Psalm 5:3

Some believers may be reading several chapters of scriptures in the morning, but they may not be giving much thought to what they have read. They may hurriedly

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pray a few words of prayer and conclude their time with God hastily. This seems rather one-sided. Will this lack of quality time with God help one get to know God more?

Even a conversation between two people needs reciprocity and a mutually conscious effort to be attuned to each other's thoughts and feelings. What more a time of interaction with the Lord Himself?

Silent meditation on God's Word—to thoughtfully listen in on what He is saying, when coupled with prayer (what you are saying to Him), acts like a pair of wings—both ought to be rightly valued in order to achieve a sense of balance in our communication with God.

We must do two things:

1. Fix a time for our daily Quiet Time with God (ideally the same time daily)
2. Decide on a place to meet with God (it is best to meet Him at the same location)

The three essentials for meeting with God are:

1. The Bible
2. Rising early
3. Setting aside a time of solitude with Him

The Bible records what God has said and is the Christian's source of spiritual food. With it, God speaks to our hearts and enables us to better understand His ways. Through it, we also obtain His guidance.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

— 2 Timothy 3: 16, 17

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*"I meditate on your precepts and consider your ways."
– Psalm 119:15*

Waking up early

This is the price we must pay to have precious time with God. You need to rise earlier than your usual waking time by about half an hour. Be diligent and disciplined.

Make it your priority to meet with God first thing in the morning before you start the rest of your day. Any disruptions are likely to be minimal at the beginning of the day—it is a relatively peaceful time of solace that is very precious. Ask God to give you a willing heart to offer up this time to Him.

Quiet Time

A Time of Solitude with God: Moses met God alone in the tent of meeting. Where is your tent of meeting with God?

It could be a room to yourself, a corner in a student hostel or under a tree in a courtyard. As long as you set aside a period of uninterrupted time with God, it could be anywhere.

How to meet with God

It is the beginning of a new day! You have risen earlier than your usual waking time by half an hour. Freshen up and bring your Bible to a quiet place (your tent of meeting with Him).

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Do note that your time of solitude with God for the next morning actually begins the night before—you must prepare yourself to sleep early so that you can wake up early (otherwise prepare an alarm clock to wake yourself up).

Prepare your heart (3-5 minutes)

Pray for 3-5 minutes to prepare your heart to meet with Him. Thank God for blessing you with a new day and ask Him to quieten your heart to listen to Him as He speaks to you using His Word.

Meditate on God's Word: Silently Pondering Over the Scriptures (15 minutes)

Once you open the Bible to your Quiet Time passage of the day, use 15 minutes to read a portion of the Scripture, pondering over the words as well as praying over them.

Take special note of the verse(s) that resonate(s) with you, or serve(s) as a reminder, or direct(s) your attention to something. These are some of the ways God can speak to you through the Scriptures.

You may like to use the following acronym to ponder over the Scriptures:

S. P. E. C. K

Sin: Is there any sin for me to avoid?

Promise: Is there any promise from God I can claim?

Example: Is there any example I can emulate?

Command: Is there any command I should obey and follow?

Knowledge: Is there any knowledge about God I have learned through the Scriptures?

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After reading some verses, give careful thought to them in your heart. Then respond to God from your heart through prayer by way of adoration, confession, and thanksgiving. You may also like to petition (supplication) for His help to submit to His will. This prayer time is also when you pour out your heart to God. Then once you are done, continue reading the Scriptures.

If you are moved again at another juncture to respond back to God in prayer, do so. Repeat this process till you have finished reading the portion of scripture passage for the day's Quiet Time with God.

Write Down What You've Learned (3 minutes)

It is helpful to conclude your time of meditation on God's Word. Note the special verse(s) that spoke to your heart for the day, then record your observations about it/them.

Most importantly, specify how you will go on to live out the verse(s) and apply it/them in your life. You may like to refer to the following format as a sample:

Date:

Time:

Scripture passage:

Special verse(s):

Context of observation:

Application for the day:

In Matthew 7: 24-27, Jesus says,

"Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put

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them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

When our hearts are touched and inspired by the Lord during our Quiet Time with Him, we ought to translate it into action. Only by doing so will the spiritual practice of Quiet Time achieve its real purpose and have a real effect on our lives.

Thus, it can be said that we can be truly considered to be wise by the Lord; our confidence can be rock solid, like the foundation of rock that holds up a house, able to withstand rain and floods. We need not fear the rain, flash floods and gales in life that confront us. We can still stand firm in this dark and sinful world.

The application of God’s word for obedience in our lives stem from our inspired time with God’s word. It needs to be specific, clear, and actionable.

For example, God’s word may remind me of the need to forgive someone and this may make me think of someone who has offended me. As such, the Quiet Time application of the day for me would be to take the initiative to reconcile with that person.

Again, God’s word may remind me that I should love others as I love myself. This in turn may make me think of a friend who is facing some trouble. So, it made me decide to visit him on the very same day to see how he is doing or to give him a phone call to show my concern to him.

Below is a Quiet Time sample:

Scripture passage: John 1: 1-5

Prepare your heart with a prayer:

“Lord, thank you for giving me some rest the night before. Now I have come before you to commune with you. Please help me to be focused on reading and pondering over

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what you are saying in your word. Please speak to my heart and lead me in my response back to you. I want to know you more. In Jesus' name, Amen."

Scripture Reading

Read verses 1 – 5 once.

Read the Scriptures again: This time, ponder over His word and pray over it at the same time.

1. Read the first and second verses of the Scriptures and meditate over them.

Prayer:

"Lord, I know you are the everlasting God who transcends time. You have always been existent. You are the origin of everything. I praise you for being so great and awesome. Despite this, you still give me the privilege to draw near to you and to know you."

2. Read the third verse, then meditate over it.

Prayer:

"O Lord, I know you were the one who created all things. I admire your works of creation because they reflect your wise and creative powers. You truly are the great engineer who determined all the laws of the natural world. This is something that is way beyond what I can ever understand or imagine. I praise you and adore you."

3. Read the fourth verse, then meditate over it.

Prayer:

"O Lord, you are the source of life. My life is in your hands. I do not really understand what 'that life was the light of men' means, but I know that in our lives, light is very important. It is the presence of light that enables me to see. Since I have received Jesus

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as my Lord and Saviour, I feel as if I have a new pair of eyes to see the world. Life has taken on a new meaning and I have received a profound peace in my heart. Thank you. With you by my side, I need not live in darkness and you lead me on a firm and stable path in life.”

4. Read the fifth verse, then meditate over it.

Prayer:

“O Lord, this world indeed is full of darkness, full of sins and wickedness. This is because the world denies your existence and does not know you, believe in you, or acknowledge you. It has turned against you and does not respect you or revere your name. How I wish my family and friends could walk out of the darkness, to know you as their Lord and Saviour.”

Read the Scriptures again: This time, pick out the verses that specially moved your heart or verses that hold a special meaning.

Identify them as your special verse(s) for the day.

Consider how you can go on to live it out in your life on the same day in a specific, practical and concrete way.

Write Down What You've Learned

Date: 2023-01-01

Time: 06:45am

Scripture passage: John 1:1-5

Special verse(s): verse 3

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Context of observation:

God is full of wisdom; He was the One who created this wondrous universe. The blue sky, the sun, each and every flower with its radiant hue. I am also His creation. Surely He cares for all my affairs.

Application for the day:

Today, I want to pay attention to my surroundings, to be aware of each beautiful flower and to remember God's creative powers, praising Him. When I see the beauty of the sunset's glory, I want to praise Him too.

Another believer (who may have believed in the Lord for some time) may have different thoughts about the same scripture passage. For him, this passage may be God's reminder to him to help his fellow colleagues come to know Jesus, the light of life.

The following are his Quiet Time notes:

Date: 2023-01-01

Time: 06:45

Scripture passage: John 1:1-5

Special verse(s): verse 4

Context of observation:

Jesus is the light of life. He teaches me how I should live and gives me the wisdom to solve problems as well as to make sound decisions. I used to have a restless heart, devoid of peace. After I have believed in Jesus, my heart is guarded by stability and there is joy.

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Application for the day:

I very much desire for my colleagues to know Jesus, I want to bring Jesus the light of life into their lives. As such, my thoughts turn especially to Lee. He has recently met with some unpleasant things in life and has been saying that life is meaningless. I want to lunch with him today. After lunch, I want to share my testimony with him, to help him to know more about Jesus. Lord, please prepare his heart and please give me the confidence to seize the opportunity. Grant me the wisdom and tact to share the good news with him!

Thus, it can be seen quite clearly that Quiet Time is not the same as Bible study. Quiet Time is a time of communing with God, listening to Him, discerning His will for how I should be living my life daily.

God can very well use the same scripture passage and guide different individuals in a different, yet, personal way. Once we cultivate the habit of meeting God daily, we will be able to have a close and intimate fellowship with Him, to recognise His voice and His ways. This will better aid us in seeking and discerning His will.

Why not start now?

You can now go on to start your spiritual practice of seeking God daily through Quiet Time. Prepare for your next morning's appointment with God the night before. Place your Bible and your spiritual journal on your desk. Set your alarm to ready yourself to wake up to meet with the Lord.

The Quiet Time schedule below has a list of scripture passages you can refer to daily for the next 30 days.

If you are still unsure of how to have your daily Quiet Time with God, follow the sample given above. Remember to jot down notes!

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| | |
|--------|----------------------|
| Day 1 | John 1: 6 - 13 |
| Day 2 | John 1:14 - 18 |
| Day 3 | John 1: 19 - 28 |
| Day 4 | John 1: 29 - 42 |
| Day 5 | John 1: 43 - 51 |
| Day 6 | John 2: 1 - 12 |
| Day 7 | John 2: 13 - 25 |
| Day 8 | John 3: 1 - 15 |
| Day 9 | John 3: 16 - 21 |
| Day 10 | John 3: 22 - 36 |
| Day 11 | Psalms 1 |
| Day 12 | Psalms 5 |
| Day 13 | Psalms 15 |
| Day 14 | Psalms 23 |
| Day 15 | Psalms 34 |
| Day 16 | Psalms 63 |
| Day 17 | Psalms 84 |
| Day 18 | Psalms 96 |
| Day 19 | Psalms 111 |
| Day 20 | Psalms 119: 1 - 8 |
| Day 21 | Psalms 146 |
| Day 22 | Matthew 6: 5 - 15 |
| Day 23 | Matthew 6: 19 - 24 |
| Day 24 | Matthew 6: 25 - 33 |
| Day 25 | Ephesians 1: 1 - 14 |
| Day 26 | Ephesians 1: 15 - 23 |
| Day 27 | Ephesians 2: 1 - 10 |
| Day 28 | Ephesians 2: 11 - 22 |
| Day 29 | Ephesians 3: 1 - 13 |
| Day 30 | Ephesians 3: 14 - 21 |

Please follow and complete the thirty days of your Quiet Time with God based on the given schedule above before you move on to other scripture passages.

Quiet Time notes

Date:

Time:

Scripture passage:

Special verse(s)

Context of observation:

Application for the day:

Persevere in the Spiritual Practice and Habit of Meeting with God Daily

After 30 days of spiritual practice in meeting with the Lord daily, do you think you have grown closer to the Lord?

Psalm 42: 1-2 says,

"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?"

Does this resonate with how you feel about God?

Be forewarned that you may face attacks from Satan by way of obstacles or hindrances to your Quiet Time with God. This is because Quiet Time is closely related to your spiritual growth. You must not be derailed.

Persevere and develop the habit of seeking Him daily. He will help you. Try to follow the recommended reading list of Scriptures below to continue your daily time of solitude with the Lord.

- Ephesians 4 – 6
- The book of Philippians
- 1 John, 2 John, 3 John
- The book of Romans
- The Gospel of Mark

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- The book of James
- 1 Peter, 2 Peter
- The book of Colossians
- 1 Thessalonians, 2 Thessalonians
- The Gospel of John etc.

Try to stick to a fixed portion of scripture passage for meditation per day. Do not randomly select scripture passages. Remember to give careful thought to the scriptures you read; ponder over them and pray on them as a reciprocal response to God.

Worshipping God

We don't just worship God on Sundays. We should worship Him daily. Meet with Him daily for Quiet Time. Ponder over His Word and pray. Spend time to humbly and reverently praise Him as well as to thank Him. Then go on to intercede for others. Bring your personal supplications before Him last.

To sum up, there will be 4 segments of your Quiet Time with the Lord:

1. Listening to God – reading the Scriptures and pondering over them
2. Talking to God – praying the Scriptures to Him as a reciprocal response
3. Worshipping God
4. Intercession and Supplication

Remember to write down what you have learned from your Quiet Time. For prayer, use a prayer list to remind yourself of what and who to pray for.

Q & A

1. I find it very hard to wake up early in the morning for Quiet Time.

You can only wake up early if you sleep early. You probably have the habit of turning in late. Our bodies love to snooze. Some believers don't seem to be able to wake up early for Quiet Time but yet not seem to have the same problem when it comes to waking up early to make it to work on time. It is apparent that they are more afraid of their human boss(es) than they are of God, and are more concerned about seeking man's approval than God's.

It is crucial for you to recognise the importance of Quiet Time and be clear about the reason for setting aside time for it—it should be enough to convict you to change your habit of turning in late. Use an alarm clock and leave it far from you; this compels you to get out of bed to switch it off! Think about it. Surely you have always been able to make time for whatever *you wanted* to do, regardless of how tight your schedule was.

And if you are not able to spare 20 minutes, why not try 10? Don't ever lose this chance to have an appointment with God!

2. It is difficult to focus during Quiet Time ; I get sleepy and nod off during Quiet Time.

Finding a quiet place is important. This prevents you from getting distracted. Read the Scriptures out loud—this helps you to maintain your concentration.

After getting out of bed, use cold water to wash your face, or do some warm-up exercises or take some deep breaths to oxygenate your brain; these activities can help you feel more alert and awake.

Additionally, avoid sitting in a place that is too comfortable as it may cause you to doze off. Sing some songs of praise to energise yourself from the inside out!

3. There is no conducive place at home for me to have proper Quiet Time.

If you are a student, you may like to use a self-study room.

If you can report to work earlier, you may like to have your Quiet Time at your workplace.

If the weather is fine, you may like to have your Quiet Time in a garden or a park.

4. Can I have my Quiet Time at night?

Unless you work the night shift and need to sleep in the day, it's recommended that you have your Quiet Time in the morning.

It is not a good idea to have your Quiet Time at night as you probably would have been through a whole day of study/work and you might not be in the best of moods. Your body might be feeling fatigued and there may be too much din around you.

Contrast this with beginning a new day with the Lord in quietness, listening to Him, preparing for the day through prayer before starting the day's work.

5. I don't understand the Scriptures that I am reading during Quiet Time, so how am I supposed to be touched and inspired by God's word?

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You must remember that the aim of Quiet Time is to draw near to God and to know Him more. While spending time with Him, try not to analyse the Scriptures as this should be done during Bible Study.

When you come across verses you do not understand during Quiet Time, it is natural that you tend not to feel touched or inspired by it. This is when you should frankly tell God you do not understand what you are reading and pray for understanding. Then, continue to read on.

You can mark out the verse(s) you don't understand and ask your spiritual leaders about it when you have the opportunity.

6. I don't know how to pray.

Praying is basically talking to God, just like how you would talk to a friend. There is no need for any special jargon, eloquence or ritualised posturing. We can learn how to pray by referring to Psalms. Just tell God what is on your heart. In fact, God already knows what is on your heart!

7. I feel spiritually dry and cannot feel God's Word speaking to me.

Why not learn to meditate on His Word? But not the Eastern mystical kind of meditation. Meditation here refers to pondering over something thoughtfully and deeply. When you meditate on God's word, it is to receive something meaningful from it.

Try to read the Scriptures with a fresh perspective.

For example, you can try to read John 1: 3-4 (*"Through him all things were made; without him nothing was made that has been made. In him was life, and that life was*

the light of men.") this way – "I have been made through him, nothing has been made without him. In Him is life and this life is my light!"

This adds some flavour, doesn't it?

8. Can I refer to other devotional books written by others?

Quiet Time thoughts or devotional sharings from other people are what they have gleaned in their personal times with God. Such sharings can be a helpful reference to a new believer.

However, you cannot always rely on them to nourish your spiritual life. Just like a baby who initially relies on others for food, as you grow spiritually, you will need to learn to feed yourself and take ownership of your spiritual growth.

A sign of spiritual maturity is being able to feed on God's Word directly during Quiet Time and use what you've learnt from it to encourage others.

9. How can I avoid misinterpreting the Bible or taking Scriptures out of context?

It has been mentioned in the answer to Question 5 that Quiet Time should not be treated as a Bible Study. For Quiet Time, God is using the Scriptures to speak to you, so whatever you glean from His Word is for your personal learning and application. Thus, it is possible that two different individuals reading the same scripture passage may learn entirely different, personalised lessons. This is because God uses the Scriptures to speak to each individual's circumstances and needs.

However, there should be no discrepancies in understanding the truths of the Scriptures for Bible Study. The immutable and absolute truth of God's Word,

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while having the power to speak personally to diverse individual needs, is nonetheless not open to multiple interpretations.

There is only one truth, and therefore only one correct understanding of all the truths expressed in the Bible, unless the Scripture itself did not offer a clear meaning for something expressed (in this case, different parties with contesting notions may choose to respect one another's standpoints instead of stirring up controversies).

Also, Quiet Time cannot be taken to be the only means to discern God's Will.

Although God can speak to you during Quiet Time to guide you towards certain decisions, it is important to confirm His Will through other means as well. You should not rely solely on the perspective gained from Quiet Time or emotional reasoning when discerning God's guidance.

Developing Desire and Discipline

When you first begin practising Quiet Time, the whole process might last about 20 minutes. However, as you continue to grow in your spiritual life, your Quiet Time with the Lord may gradually extend. This deepening intimacy with the Lord will fill your heart with joy and peace.

What do you think was the first question God had asked man?

Genesis 3:9 tells us,

"But the LORD God called to the man, 'Where are you?'"

This question is so telling of God's desire to fellowship with man.

HOW TO SEEK GOD DAILY

“But his delight is in the law of the LORD, and on his law he meditates day and night. 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.”

– Psalm 1: 2, 3

Blessed is the man who meets with the Lord for Quiet Time daily. He is like a tree planted by streams of water, evergreen, and endlessly fruitful. Good trees bear good fruit.

Do you desire to be someone who reflects a similarity to the preceding descriptions?

Conversely, if you're feeling spiritually stagnant, restless, lacking in peace, and falling into sin frequently, or if you're struggling to sense the presence of the Lord or feel yourself drifting further away from Him, these are warning signs that you need to be vigilant and watchful of your spiritual life.

Without timely remediation, you may become further estranged from God and end up as a “Sunday Christian”. This is particularly important for small group leaders. If you don't establish a daily habit of Quiet Time with the Lord, you won't have the spiritual support you need to help others grow spiritually. Instead of being a joy, your service may become a heavy burden.

Moses, the man of God, met with the Lord for 40 days up in Mount Sinai. When he descended the mountain, his face was aglow with the glory of the Lord (Exodus 34: 29).

Do you desire for your life to be filled with the radiance of God's glory? This is possible when you meet with the Lord daily.

Remember, God is waiting for you every morning at the appointed place and time you've agreed upon. Don't miss the appointment!

Conclusion

What is the most important thing for Christians?

It is to grow in the knowledge of God. Many of the Old Testament Scriptures are in fact, records of personal devotionals. From the lives of the writers of Psalms, we can see three effects of spending personal time with God:

1. Developing an intimate relationship with God, leading to a rich inner life in Him
2. Gaining a right and accurate understanding of God, rather than relying on self-made or imagined assumptions
3. Experiencing a life change and becoming a person after God's heart

"This is what the Lord says: 'Let not the wise man boast of his wisdom or the strong man boast of his strength or the rich man boast of his riches, but let him who boasts boast about this: that he understands and knows me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight', declares the Lord."

— *Jeremiah 9: 23, 34*

May the Lord bless you as you seek Him daily and come to know Him more deeply. May you be rooted and established in God, standing firm in your faith.
