

VICTOR OJO

Your
Quiet

Time
with
God



TABLE OF CONTENTS

TITLE PAGE: YOUR QUIET TIME WITH GOD

CHAPTER 1: WHAT IS QUIET TIME?

CHAPTER 2: WHY QUIET TIME?

CHAPTER 3: HOW TO OBSERVE YOUR QUIET TIME

CHAPTER 4: ENJOYING YOUR TIME WITH GOD

CHAPTER 5: CONCLUSION

Contact Us

CHAPTER ONE

WHAT IS QUIET TIME?

Although God is omnipresent, we're not always conscious of His presence. We're not always in conversation with him. We need to spend time with family and friends or develop ourselves in our career or business. If you're a student or



lecturer, you spend time doing academic work. Other people spend time on their jobs. You have to earn a living, right?

So quiet time would imply a dedicated amount of time in a day that you spend alone communicating with God. Looking back at the book of Genesis, we discover that in chapter 1, man was the only creature that was created in God's image and likeness. He was also the creature to whom God gave dominion over the earth (Genesis 1 vs. 26–27).

In chapter 2, Adam was the only creature that God was conversing with, and there was a consistent rapport. God gave him work to do, God met his needs, God supplied him with help, God delegated responsibilities to him, and God then gave him one golden instruction, which came with consequence: "Do not eat of the tree of knowledge of good and evil; for the day you eat of it, you shall surely die."

Genesis 2:16 And the LORD God commanded the man, saying, Of every tree of the garden you may

freely eat:

Genesis 2:17 But of the tree of the knowledge of good and evil, you

shall not eat of it: for in the day

that you eat thereof you shall

surely die.



What transpired between God and Adam in this scripture goes beyond just eating fruits. It's really about faith. God, of course, wanted to make man his residence or temple. That had been His intention from the foundation of the earth. But He gave Adam the power of choice: "will you allow me to indwell you and you remain joint to me, or do you want to live on your own in separation from me? Will you pursue knowledge that will make you self-sufficient or choose to stay in union with me?" God was doing all these things because he is not a tyrant.

In Genesis chapter 3, we have a record of Eve's first communication with Satan. We know that the serpent there is Satan. This conversation led to the corruption of Eve's mind, which opened the door to Adam's mind as well, and all these led to a spiritual separation between God and man after Adam disobeyed

2 Corinthians 11:2 For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ.

2 Corinthians 11:3 But I fear, lest by any means, as the serpent beguiled Eve through his subtlety, so your minds should be corrupted from the simplicity that is in Christ.

In this scripture, the Apostle Paul likens himself to Adam and the Corinthians to Eve, so Eve was Adam's responsibility as much as the garden of Eden was. Eve was the last responsibility that God gave to Adam. It is very likely that Satan had come to tempt Adam before, and he overcame it before God gave him Eve. We can see the trend in Genesis 2: God first gives him the garden to till, then the animals to rear, and then the instruction not to eat the tree of the knowledge of good and evil. God must have seen him fare well with these instructions to conclude he was fit to have the woman.

Genesis 2:17 But of the tree of the knowledge of good and evil, you shall not eat of it: for in the day that you eat thereof you shall surely die.

Genesis 2:18 And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.

It is likely that God saw the need for the man to have a helpmeet after Adam must have obeyed all instructions and had done well in the tasks given him, because God would not compile more responsibility on a person who is struggling in the one He initially gave them. But where was Adam when the serpent came?



How did Eve become the entry point for Satan? Well, we can draw a lesson from this: guard jealously whatever responsibility God gives to us.

Genesis 3:7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

Genesis 3:8 And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.

Genesis 3:9 And the LORD God called to Adam, and said to him, Where are you?

In summary, Adam was in a constant relationship with God until he disobeyed. You notice that God came walking in the garden in the evening. This gives us a beautiful picture of how close Adam was to God.

But at this point, death and sin had entered the world through Adam. Adam literally willed his authority to sin, and sin rewarded him with spiritual death, which implies separation from God. The first expression of death that we see Adam portray is self-condemnation and guilt. A dreadful distancing of himself from God,



which was a spiritual separation because even though God and Adam were both physically present in Eden, God was still asking, "Where are you?"

After this incident, what we see other men who develop their relationship with God do is offer sacrifices and build altars. Offering sacrifices became a practice for atoning for sin so they could get legal access to God's presence. Then we saw a dispensation where people now had to come to temples before they could fellowship with God. At some point, temples became a place to come to offer atonement sacrifices; this was particularly in the dispensation of the law of Moses.

All that changed when God, in Jesus Christ, came to the world to die for our sins and rose again the third day for our justification. That marked the beginning of a new dispensation and covenant. Now we have 24/7 access to God's presence through the washing and regeneration of the spirit (Titus 3:5), which we received at salvation when we believed the

gospel and confessed Jesus as Lord. We now come boldly to God's presence through the remission of sins that we have received in Christ Jesus. We can now serve God without condemnation but with peace, as though we have never sinned. The one-time shedding of Jesus' blood has made all of these possible.



Having said all that, we can see that today, quiet time, will be a personal time of conversation with God; it is a you-alone time with God. You hear from God, and you speak to God. Abraham, Isaac, David, and the prophets, among others, practiced it by either erecting an altar or going to a secluded place to pray. We have seen Moses do this several times. A typical example is when he went to Mount Sinai for 40 days; the Bible says that when he returned, they could not look upon his face, for God's glory was radiating upon his face (Exodus 34:29).

Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

In the days of Jesus, He woke up early in the morning and went to a solitary place to pray. If Jesus, who is God-made flesh, prioritized his quiet time so much that He woke up early in the morning to find a solitary place, such is expected of us today? Quiet time is like the heart of our relationship with God; without frequent heart-to-heart conversations

with God, we're not going to maximize our relationship with God. No relationship will thrive without communication; the more intimate and frequent the communication between two people, the more intimate their relationship is likely to be.



John 5:19 Then answered Jesus and said to them, Truly, truly, I say to you, The Son can do nothing of himself, but what he sees the Father do: for what things soever he does, these also does the Son likewise.

Our quiet time is the place where God shows us the secret of His heart. This is the reason why Jesus was perfectly aligned with the will of God all his life. I must bring it to your attention that, under the new covenant, we relate to God as our Father. This is the most intimate level of relationship that we can have with God. This understanding fills us with so much boldness as we approach the Father's presence.

Romans 8:15 For you have not received the spirit of bondage again to fear; but you have received the Spirit of adoption, whereby we cry, Abba, Father.

Romans 8:16 The Spirit itself bears witness with our spirit, that we are the children of God:

Through the redemption that we have in Christ, we can stand without blemish, without guilt, and with uttermost boldness, intimately communicating with God. That communication happens through our

spirit-man, so God communicates with us today from the inside of us. He's not just far away in the heavens anymore; He is right here, in us, His children. If you can stand before God intimately long enough, you will stand boldly against any opposing situation or circumstance, just like we see Jesus do in His earthwalk. Your quiet time is God's invitation to a deeply intimate relationship with God. In quiet time, you will hear His voice, you will see visions, and you will see wondrous things in His word. The quiet time is God's invitation to the secret place, a place of unending transformation from glory to glory.

CHAPTER TWO

WHY QUIET TIME?

John 3:16 For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish, but have everlasting life.[AKJV]

According to John 3:16, what happens at salvation is that we receive eternal life. Eternal life is the God-kind of life—an incorruptible life. Eternal life is so important that it is stated as the reason why God sent forth His only begotten Son, Jesus Christ. The opposite of eternal life is to perish.

John 17:3 And this is eternal life: [it means] to know (to perceive, recognize, become acquainted with, and understand) You, the only true and real God, and [likewise] to know Him, Jesus [as the] Christ (the Anointed One, the Messiah), Whom You have sent. [AMPV]

However, Jesus gives an explanation of what eternal life means. It means to know, that is, to perceive, recognize, and become acquainted with and understand God as the only true God. Furthermore, to know Jesus as the Christ, the savior of the world whom the Father has sent,

If God gave His only begotten son so we can have eternal life, and eternal life is to know Him as the only true God, then God prioritizes knowledge. He prioritizes knowledge not because it will benefit him but because it

will benefit us. Knowing God intimately is the answer to the unending thirst and hunger in our hearts. There is a thirst in the heart of every individual to know God, and this thirst has birthed several religions. It has made lots of people pick up addictions. People drown in this feeling of emptiness and then lose themselves in trying to fill that void. People drown because they are looking in the wrong direction, for it is in Christ that we can have accurate knowledge of God. It is in Christ that we can have the satisfying knowledge of God that brings rest to our soul.

John 14:6 Jesus said to him, I am the way, the truth, and the life: no man comes to the Father, but by me. AKJ V

To come to the Father here is to come to an intimate relationship with and knowledge of Him. Jesus speaks here with so much authority and assertion. There is no substitute; we will only correctly come to the father if we come through the son. Coming to the Son is a journey that begins with believing in Him as your savior, as the one God sent to save you by dying for your sins. After believing, we begin to pursue knowing the Lord intimately. It is as we increase our knowledge of Him that we begin to grow spiritually.

2 Peter 3:18 But grow in grace, and in the knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever. Amen.

But to know the Lord doesn't come without a price. It will cost us time and sacrificial consecration to communicate with Him. There is no shortcut to knowing the Lord intimately; we have to spend quality time daily communicating with Him by reading the word of God and praying. Our quiet time with God is the



time spent alone with Him; it is the time where we hear His word for us as He addresses issues in our lives.

Apostle Paul's journey started with an encounter with Jesus that drove him to constantly seek alone time with the Lord. Paul spent the early years of his relationship knowing the Lord before he started ministering for the Lord. This encounter with Jesus caused him to be so passionate about knowing the Lord and sharing this knowledge with others. In his early ministry, he began by prioritizing telling people about the Lord as much as knowing the Lord, which almost got him murdered.

The Acts 9:22 But Saul increased the more in strength, and confounded the Jews which dwelled at Damascus, proving that this is very Christ.

The Acts 9:23 And after that many days were fulfilled, the Jews took counsel to kill him:

The Acts 9:24 But their laying await was known of Saul. And they

watched the gates day and night to kill him.

The Acts 9:25 Then the disciples took him by night, and let him down by the wall in a basket.

Many folks are like this version of Paul today, who will prioritize serving the Lord over knowing the Lord. They end up hindering God's church from advancing. They're too busy to pray, fast, and read the Bible, yet they are eager to minister to people in church. If you are like this, you will struggle to have a productive Christian life and ministry. You must pursue knowing the Lord intimately first before trying to serve Him.

The good news is that Paul learned this lesson early in his walk with God and repented. He went completely off the scene to Arabia for 3 years after he fled from the Jewish persecution in Damascus.

Galatians 1:15 But when it pleased God, who separated me from my mother's womb, and called me by his grace,

Galatians 1:16 To reveal his Son in me, that I might preach him among the heathen; immediately I conferred not with flesh and blood:

Galatians 1:17 Neither went I up to Jerusalem to them which were apostles before me; but I went into Arabia, and returned again to Damascus.

Apostle Paul realizes that what God really wanted first was to reveal His son in him so that he can now start preaching him among the heathen. The implication of God revealing his son in Paul is that Paul will gain intimate knowledge of the Lord, which will now be evident in his manner

of life. Apostle Paul went to Arabia for three years, learning about Jesus from the Lord, and this season greatly transformed his ministry. But did you know that this pursuit of knowing the Lord never left him?

Philippians 3:7 But what things were gain to me, those I counted loss for Christ.

Philippians 3:8 Yes doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ,

Philippians 3:9 And be found in him, not having my own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:

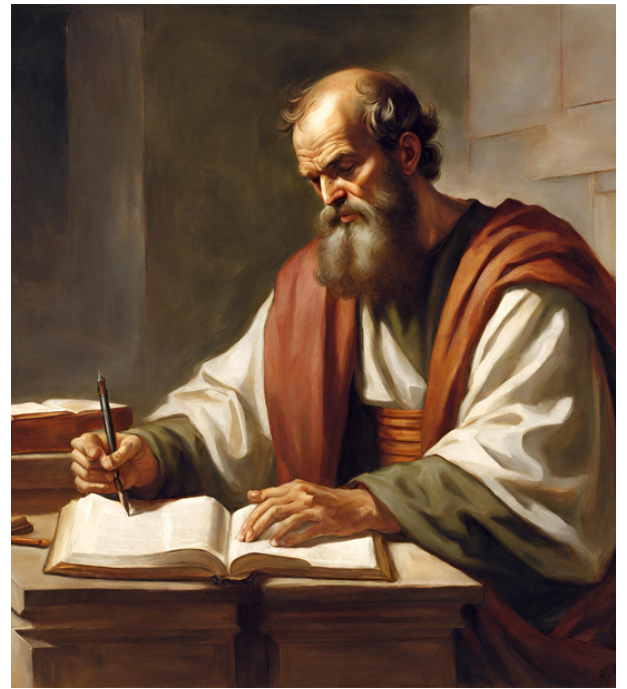
Philippians 3:10 That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable to his death;

Philippians 3:11 If by any means I might attain to the resurrection of the dead.

Did you know that Paul wrote the book of Philipians about 30 years after his conversion experience? This means that the motivation that drove him to spend three years in Arabia is still intact after over two decades of returning from Arabia. When we sit with God enough in fellowship, He will reveal His Son to us. Arabia changed Paul. Our quiet time ought to be

like Paul's Arabia. Imagine experiencing Paul's Arabia every day. Imagine how magnificent the revelation of the Son revealed in you will be.

So the purpose of quiet time is to instill in us the correct motivation for coming to God, which is that He reveals Jesus in us —not to ask Him for good things, not to



start serving Him or telling people about Him, but to first sit with him. Will you sit with God in heartfelt prayers and Bible study to genuinely seek to know the Lord?

CHAPTER THREE

HOW TO OBSERVE YOUR QUIET TIME

Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

Jesus in this chapter had wrought several miracles, but He woke up early in the morning and stepped out into a quiet or alone place to pray.



Did you notice that Jesus slept? It is very possible that he enjoyed the sleep. Also, we can infer from this scripture that He needed sleep because He had a very busy schedule. The Bible says in verse 33 that all the cities gathered together to come see him for their miracles. Jesus had halted the activities of an entire city. He sure had a busy schedule, but regardless, He took time to pray.

The way you observe your quiet time and the sacrifice you are willing to make to put away distractions to be with the Lord reflect how much you value your relationship with God. Your quiet time is about being alone with God. It's basically a time of prayer; prayer in this context will refer to dialogue. It is a time to dialogue with the Lord alone. It may require being physically separated from noise or the crowd, and it can be you just engaging with God in your heart as you go about your daily

activities. The bottom line is that you prioritize it so much that you don't see your quiet time as a waste of time.

Prayer is the most vital part of your quiet time. Whether you sing, dance, or read the Bible, you should do it prayerfully, with the consciousness of communicating with God. As a general rule, begin by praising God with songs or words of adoration. If you can pray in tongues, do so, especially when you don't 'feel' His presence. Please note that you don't necessarily have to feel God's presence in your quiet time to be assured of His presence. He is always present; in fact, He lives inside you already if you are His child.

1 Corinthians 6:19 What? know you not that your body is the temple of the Holy Ghost which is in you, which you have of God, and you are not your own?

God is in you because His Spirit is in you. The Holy Ghost is in you, so you're never void of God's presence, whether you feel it or not. Understanding this truth will greatly help you have a productive walk with God. Also, you must understand that you need to rely on the Holy Spirit to have a successful walk with God. As you stay in your quiet time with God, God, through His spirit in you, will direct you to the scriptures to read and explain the scriptures to your heart and impart in you the strength to live the word of God.

Zechariah 4:6 Then he answered and spoke to me, saying, This is the word of the LORD to Zerubbabel, saying, Not by might, nor by power, but by my spirit, said the LORD of hosts.

You can also ask the Holy Spirit to wake you up early, feeling refreshed, and He will. You can talk to God every morning and have a refreshing moment with Him, even if you have a busy schedule. Yes, it is possible. However, Christianity is more about your intimate relationship with God than some set of religious rules. There is no one rule stating that you must have your quiet time in the morning. You can have it at other times of the day as your schedule permits. The key thing is consistency and communication with God.

It is advisable to have a journal to write down the lessons or words you receive from the Lord. You will be able to access these notes later in the future and be blessed by them.

CHAPTER FOUR

ENJOYING YOUR TIME WITH GOD

Every moment spent with God is an opportunity to strengthen your relationship with Him, but it starts with having a father-child relationship with Him. The father-child relationship starts at the new birth, when you believe that Jesus died for your sins and resurrected



on the third day for your justification. Your relationship with God starts with being born again, and you cannot skip this process.

John 3:5 Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.

John 3:6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

John 3:7 Do not marvel that I said to you, 'You must be born again.'

Did you notice that Jesus said you must be born again? After a man is born of water, which is the physical birth, there is a need for your spirit man to be regenerated. That is, your spirit man needs to come alive through the activation of God's Spirit. This brings about a very deep

union with God as we become truly as He is in our nature. The old sinful nature is terminated and replaced with a godly nature.

Titus 3:3 For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another.

Titus 3:4 But when the kindness and the love of God our Savior toward man appeared,

Titus 3:5 not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

Titus 3:6 whom He poured out on us abundantly through Jesus Christ our Savior,

Titus 3:7 that having been justified by His grace we should become heirs according to the hope of eternal life.

Did you notice how the old Adamic nature is described in Verse 3 above? That man is foolish, that is, he is not intelligent enough to comprehend the things of God, according to Luke 24:25. He is sensual and constrained by his senses and reasoning. This is why the Bible and the gospel will continue to be just another myth or story for him.

Luke 24:25 Then He said to them, "O foolish ones, and slow of heart to believe in all that the prophets have spoken!"

Did you also notice that he is disobedient, lacking the ability to willingly yield and submit to God's order? He struggles and rebels against God. The old man is also deceived, which means his sense of judgment is altered. He is not able to judge correctly what to do and what not to do. Therefore, he will easily pursue his selfish lusts and pleasures. He ultimately cannot love his followers but will hate them instead. He is ultimately selfish. It is difficult for such a man to develop an intimate relationship with God.

However, at the new birth, we receive justification by grace, which is the ability to stand before God blameless without any sin put against us. You stand before God as one who has never sinned, because at new birth, the Spirit renews and regenerates. He renews in that He purges your conscience of sin and condemnation. After Adam fell in Eden, one major trait of the corruption that happened to him spiritually was that he felt guilty of sin and estranged from God's presence.

There was a natural response of condemnation and shame that made him hide from God. This trait is seen in the first Adam's descendants today! They will rather spend time doing other things than be with God. The fallen Adamic nature cannot naturally pursue God, even though it desperately needs God. This is because there is an inherent feeling of guilt and condemnation that repels him from relating with God. This explains why people will gladly watch movies and have fun rather than read the Bible and pray. This is why people will patiently see a long-hour

movie but be hasty when they are in church. The cure to this menace is the renewal and regeneration of the spirit man that happens at salvation or the new birth.

Romans 8:14 For as many as are led by the Spirit of God, these are sons of God.

Romans 8:15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

Romans 8:16 The Spirit Himself bears witness with our spirit that we are children of God,

As a Christian, there will be days when you do not feel like having your quiet time. This is the time to renew your mind and take charge of your body. Your spirit man, after the new birth, will naturally gravitate towards God's presence, but your physical body is not saved yet until the second coming of our Lord Jesus during the resurrection of the saints, when we will receive new bodies. Your body will naturally crave more sleep, food, fun, video games, movies, and sexual satisfaction at the expense of developing a deeper relationship with God. The difference now is that your spirit man is alive and can stand against four fleshly desires to obey God. You can now choose to yield your bodies to God.

I ask you today: are you born again? If not, all you have to do is repent of your sins, believe in your heart that Jesus died for your sins and resurrected on the third day for your justification, and confess Him as the

Lord of your life. If you just responded to that, congratulations! God and the hosts of heaven rejoice with you. I also rejoice with you.

Apart from the new birth and the Bible, God has provided another tool with which you can have an enjoyable quiet time with Him. It is the ability to pray in the Spirit, which is to pray in tongues and interpret your tongues.

Romans 8:26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

Romans 8:27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

The most important ingredient of your quiet time is praying, which means talking to and hearing from God. Because we're still in this mortal body, we sometimes find it difficult to know what and how to pray correctly, but the good news is that God has imparted to us the ability to pray in the Spirit. There will be days in your Christian journey when you wake up not feeling like praying. What you do in that moment is to pray in the spirit, which is to pray in tongues.

1 Corinthians 14:14 For if I pray in a tongue, my spirit prays, but my understanding is unfruitful.

1 Corinthians 14:15 What is the conclusion then? I will pray with the

spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding.

As you pray in the Spirit, you edify yourself—that is, you charge yourself up or you build yourself up—until all senses of weakness and disinterest in the things of God are consumed. Praying in the spirit is a major tool for staying full of the spirit. To be full of the spirit is to live under the influence of the spirit instead of the flesh. Cultivating the habit of praying in the spirit to edify yourself will help you stay filled with the spirit more frequently. Praying in the spirit opens up your consciousness to being filled with spiritual activities.

The beautiful truth is that all you need to be able to pray in the spirit or in tongues is to be born again. If you are born again, then know that you can start speaking in the spirit, which is in the language of the spirit, which no human mind can naturally comprehend. If you are ready to start praying in tongues, say these words with me: I believe that Jesus died for my sins and rose again for my justification; therefore, I am born again, and the Spirit of God now dwells in me. By the spirit of God in me, I have the ability to pray in tongues. I can pray in tongues, and I will pray in tongues. Now go ahead and pray in tongues; just start praying as the spirit has given you utterance! Keep praying and edifying yourself until your heart is full of spirit-inspired desires.

CHAPTER 5

CONCLUSION

If you are not saved, I want you to know that you cannot be filled with the Holy Spirit without being born again, and you cannot have a fervent and consistent quiet time with God without the Holy Spirit. What you need to do to be saved is believe that Jesus died for your sins, was buried, and rose up on the third day for your justification. This is the gospel! If you believe, confess these words: "Lord Jesus, I believe that you died for my sins and resurrected the third day for my justification; I repent from my sins and confess you as my Lord; therefore, all my sins have been blotted out, and the Holy Spirit now dwells in my heart. Amen". Congratulations! You are now a child of God and on your way to fulfilling God's purpose for your life.

If you are saved and desire to experience the baptism of the Holy Spirit with the evidence of speaking in tongues, I want you to know that the only requirement for you to experience this is to be indwelt by the Holy Spirit, which makes you a child of God, and to desire this experience. Now, prayerfully say these words: "Father, I thank you for the redemptive work of Jesus; I thank you for saving me and making me your child; right now, I believe that the Holy Spirit is in and upon me; I am filled with the Holy Spirit; therefore, I can pray to God in tongues, and I will pray to God with tongues now. Amen". Now, go ahead and begin to pray to God in tongues. There you go! Keep praying to God in tongues. Keep praying!

CONTACT US

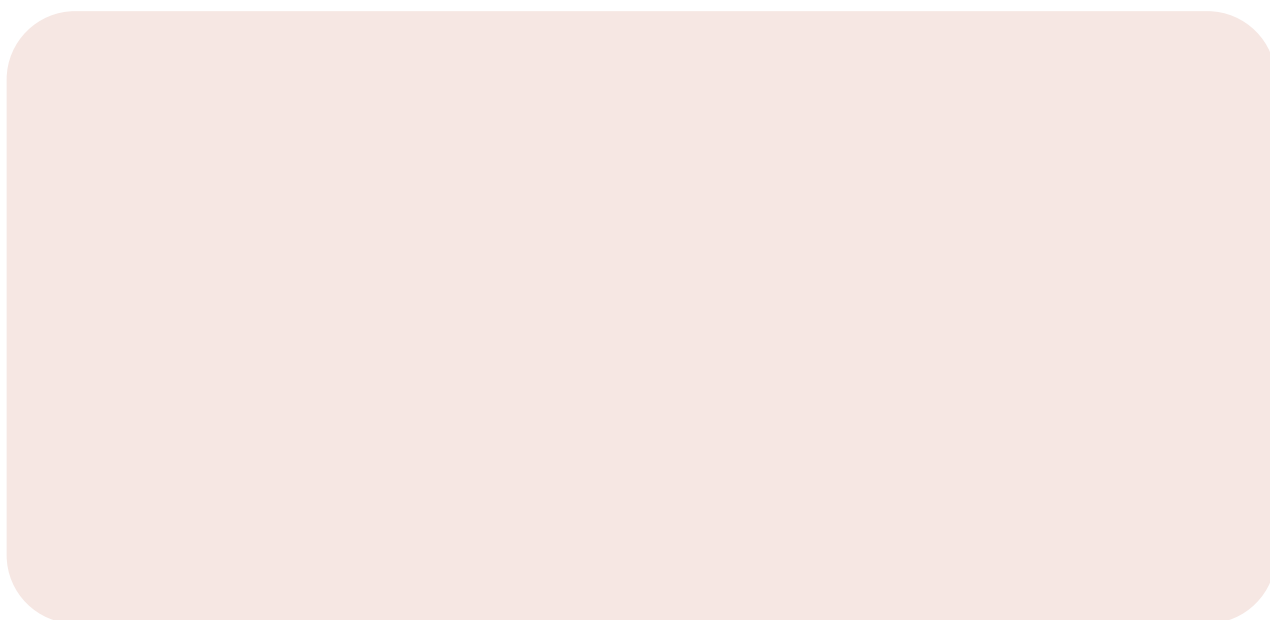
I hope that this book has blessed you. I'll be happy to connect with you! If you'd like to share your testimonies, request counseling and prayers, or ask questions about any Christian subject, whether discussed in this book or not, please reach out to me via email at victor.ojo@charisfolks.org.

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Jesus loves you!

WORKSHEET

Write down 2 actions you'll stop doing and 2 actions you'll start doing because of this book



List 5 Things You learnt After reading this book

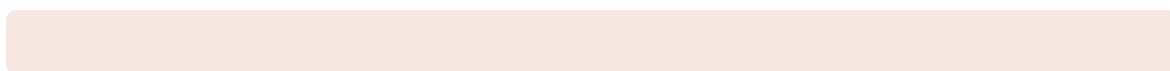
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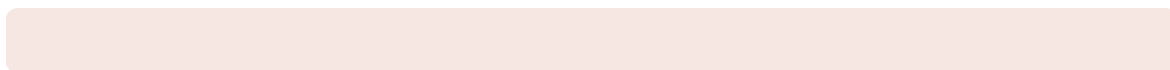
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