



Quality Time

A 10 Step Guide To Spending An
Hour With The Savior



A CLM Publication | www.christlifemin.org

Quality Time Praying

Instructions for using this guide:

- Be sure to have a Bible, a pen, and at least an hour.
- Find a quiet place where you can speak out loud to God. Open your heart and Bible.
- Take the needed time to look up the Scriptures.
- Prayerfully answer all the questions.
- Talking with God takes time... Don't rush!

Do you have a personal relationship with God?

The first issue in prayer is knowing your sins are forgiven. Answer the questions below:

- Have I ever turned from sin and placed my faith in Christ alone for my salvation? **Yes or No**
- Can I sin and feel no remorse? **Yes or No**
- Am I convicted and chastised when I sin? **Yes or No**
- Do I have the inner witness of God's Spirit that assures me I am a new creature in Christ? **Yes or No**
- If you are uncertain of your salvation, turn to God and tell Him you are at this moment trusting Jesus' shed blood for forgiveness of your sins.

Write out a prayer of thanksgiving for God's salvation:

1 - Surrender

- **Are you willing to do whatever the Lord shows you during this time - Yes or No?**

Romans 12:1 - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

- Surrender is baseline Christianity. It is only “reasonable” to give our entire lives to Him. Take some time and express your heart to God. If you are willing for Him to have complete control of your life in everything, **TELL HIM!**
- If there is an area you are holding onto, ask the Spirit to work in your heart and life during this time to release it.
- Ask the Lord to specifically guide and direct you in this time.

2 - Confession

What Is Confession?

Proverbs 28:13 - He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

- Confession is agreeing with God about what we have done. It is aligning our lives with Christ, and accessing the forgiveness He has already given through the Cross.
- Take time to work through the sections below. Remember examine, confess, forsake, and live in Christ' forgiveness.

Christ-Likeness Vs. Christ-Unlikeness in Galatians 5:

- Take some time and read Galatians 5:16-26
- The Spirit produces fruit, and so does the flesh. The Spirit and flesh oppose one another.
- This passage is clear: As a Christian, we can walk and live in the power of the Spirit and be Christ-like; or walk and live in the power of the flesh and be Unlike Christ.

- The Fruits of the Spirit are mentioned as measuring sticks to show us if we are walking in the Spirit (aligned with Christ).

Personal Examination:

- *“The process of being formed in the image of Christ takes place at the points of our unlikeness to Christ, and the first step is confrontation” - M. Robert Muholland*
- To be aligned with Christ is to be aligned with the Spirit. They work in unison. (John 14:25-26).
- Take time to honestly rate yourself in each area below:
 - 1-3 - I often fail to align myself to Christ
 - 4-6 - I sometimes fail to align myself to Christ
 - 7-9 - I closely align myself to Christ
 - 10 - I am aligned with Christ

Are You Aligned With Christ according to Galatians 5?

- **Love** - The word used describes self-sacrificing love, or love without limits. This love produces action.
 - The opposite of love is hate. Jesus compared this to “murdering in spirit”. Do you hate anyone?
 - Are you loving God well? Your family? Everyone God puts you in contact with? Your enemies?
 - **Rate your alignment in this matter: ____**
- **Joy** - Gladness or rejoicing
 - A lack of joy is shown in complaining, a bad attitude, ETC.
 - Misplaced joy is when I allow anything other than Christ to determine my joy. Do you allow circumstances or people to do this? How joyful are you in Christ?
 - How’s your praise life? Are you thankful?
 - **Rate your alignment in this matter: ____**
- **Peace** - Tranquility and harmony
 - Do you experience the inner-peace of the Spirit consistently? Or are you distracted and burdened by the cares of the world?
 - Are you at peace with those around you? Are you divisive, or at odds with anyone? Are you a peacemaker?

- Rate your alignment in this matter: ____
- Long-suffering - Patience, internal/external control in difficulty
 - Are you impatient? Are you depending on God's power and guidance, or your own? Are you trusting Him with your difficulties?
 - Rate your alignment in this matter: ____
- Gentleness - Kindness
 - Are you a kind person? Are you compassionate, or critical?
 - Rate your alignment in this matter: ____
- Goodness - Uprightness of heart and life, morally righteous
 - Does your life resemble Christ in every aspect?
 - Do you have a giving spirit?
 - Are you sexually pure? Do you refrain from pornography and other sexual sins?
 - Rate your alignment in this matter: ____
- Faith - Faithfulness, Active faith that produces action
 - Does your faith produce action? Are you remaining faithful to God no matter the circumstance or test?
 - Rate your alignment in this matter: ____
- Meekness - Gentleness, mildness; involving grace & humility
 - Are you humble? Are you gracious?
 - Rate your alignment in this matter: ____
- Temperance - Self-control
 - Do you have self-control? This can apply in many areas: personal habits, sexuality, emotionally, spiritual discipline?
 - Rate your alignment in this matter: ____

Forsaking Sin and Living in Forgiveness:

- Ask the Spirit to show you any other areas not listed.
- "If we confess (Tell the truth about) our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (See 1 John 1:9)
- Now ask forgiveness for these areas of your life. Do not move on with unconfessed sin.
- Do not let these sins discourage or shame you. Christ's blood cleanses from all sin!

3 - Praise

- Read Psalm 63:3-4.
- Praise is simply “Agreeing with God about who He is in worship!”.
- List below 15+ characteristics/character traits of God to praise Him for (Read Psalm 34 for some additional ideas).

- Now praise Him out loud for His character.

4 - Praying The Scriptures

- Instructions: Read the Word and ask: “What does this passage mean for me?” Then pray through it.
- Read and use Psalm 40:2-6.
- Example Prayer: “Lord I pray that you would deliver me from evil! I look to you, please guide me in your wisdom and secure me in your love.”
- Passage two: Psalm 71:1-6.

5 - Listening

- “Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.” (Psalm 46:10)
- Read Psalm 46. Now sit in silence focusing on God and listening as the Holy Spirit guides you.

6 - Petition

- Read Philippians 4:6
- Ask God to guide you in this time.
- Take time to ask God for provision, blessing, guidance, healing, etc.
- Be specific and be Spirit-led.
- Don't know what to ask? Think through these categories: family, church, work, the unsaved, your spiritual needs, your physical needs, etc.

7 - Meditation

- Meditating is filling our minds with thoughts of God and His Word instead of earthly distractions.
- **Instructions:** Read the passage. Ask and answer questions about the passage. Apply and make the passage your focus. Pray and ask God to give understanding about the passage. That's meditating.
- Passage Suggestions: Ps. 1 or Gal. 5:16-26.

8 - Intercession

- Read Matthew 17:20-21.
- Some things in life will not happen without persistent and consistent prayer.
- What are the three biggest requests/needs you have?
 -
 -
 -
- What about burdens you are carrying for others?
- Spend five minutes asking God to work in those situations.

9 - Thanksgiving

- Praise is worshipping God for who He is. Thanksgiving is thanking God for what He does and gives.
- Set a timer for five minutes, and list as many things as possible that you are thankful for (Below and on other paper).
- Helpful categories: family, friends, things, activities, abilities, church.

10 - Singing

- Think of your favorite hymn or praise and worship song.
- Pull up the song and sing along in worship, or sing it accapella.

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