

AVOIDING LEGALISM IN YOUR QUIET TIMES

ACKNOWLEDGE YOUR OWN NEED

“God opposes the proud but gives grace to the humble.” 1 Peter 5:5

Humility means recognizing that we are needy, and that we always come to God in a position of weakness, depending upon His strength. Begin your time with God by saying something like: *God, I come as a needy child today and am completely dependent upon your grace.*

REMIND YOURSELF OF THE TRUTH OF GOD'S GRACE

For from him and through him and to him are all things. To him be glory forever. Amen.

Romans 11:36

Even though you may feel as if you got here on your own—you are the one who set the alarm after all—the reality is that everything about that comes from God's grace—His divine enablement. He has given you the desire, the physical strength, the mental ability, etc. So take a minute to remind yourself of this: *Lord, I know that I am only here because You have worked miraculously to bring me here, so I give you the glory for this and take no credit for myself.*

BEGIN WHERE YOU ARE

And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. 1 Peter 3:4

It is important to take the time to touch in with your own heart—your feelings, excitements, joys, your anxieties, your questions, your fears, or simply your weariness—and to share these honestly with the Lord. Since He already knows everything, there is a freedom in connecting with ourselves in His presence. For example: *Father, today I find myself anxious, but I'm not sure why. I feel more distracted than usual and find myself not wanting to sit here quietly...*

END WITH GRATITUDE

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18

Regardless of how you felt the time went, end with thanksgiving for what God has done, acknowledging that He has accomplished His purposes in your time. For example: *Almighty God, I thank you that your kingdom has come to me today, that your will has been done in our time together...*

