1. Goal of Quiet Time

Objective: Understand the class and introduce the goal of a good quiet time.

1. Ask the class to share what they know about or experience quiet time.
2. Quiet time is to learn to be still before God.
* “Be still, and know that I am God” (Psalm 46：10)
1. Be immersed in God’s words (James 1:19-22, Hearing the word, Keeping the word, Practicing the word.)
* The guide of meditation is the Holy Spirit.
* Learn to communicate with the Holy Spirit.
1. The goal of a good quiet time is to walk with God in trust and obedience.
* Am I denying myself?
* Am I willing to obey God’s will?
* Am I willing to allow the Spirit to transform me?
* If we don’t have a heart to surrender, it’s difficult for us to hear or understand God’s will.
* We hope we can live in God’s will through the power of the Spirit.
1. It takes practice to establish a habit to have quiet time.
* Determination
* Training
* Planning
* “Meet God before you meet people every day”
1. Fruit of quiet time: strength, fruit of the Holy Spirit; life transformation etc.
2. Requirements of 201：
* Bring your own Bible、pen、notebook.
* Be on time, no entrance after 10am.
* Finish the assignment.
* When you share, please use “Ｉ”；don’t comment on other’s sharing
* Ask permission before you share if your sharing mentions other people’s
1. Assignment: Memorize and meditate on Psalm 46:10 (method 1: context.)

Read the whole psalm first and answer: in what circumstance does God say this verse?