

Quite Time Outline

A. Promises

1. **Psalm 105:4** Look to the Lord and his strength; seek his face always.
2. **Lamentations 3:22-23** Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.
3. **Lamentations 3:25-26** The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.
4. **Psalm 143:8** 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.
5. **Proverbs 8:34-35** Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway. For whoever finds me finds life and receives favor from the Lord.
6. **Proverbs 1:33** but whoever listens to me will live in safety and be at ease, without fear of harm."
7. **Isaiah 55:1-3** "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live. I will make an everlasting covenant with you, my faithful love promised to David.
8. **Isaiah 40:31 (NIV)**
³¹ but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
9. **Matthew 11:28-30** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

B. Examples

1. **Mark 1:35** 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.
2. **Daniel 6:10** Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.
3. **Psalm 145:1-2** I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever.
4. **Genesis 19:27** Early the next morning Abraham got up and returned to the place where he had stood before the Lord.
5. **Acts 3:1** One day Peter and John were going up to the temple at the time of prayer-- at three in the afternoon.

C. Frequency

1. **Proverbs 8:30** Then I was the craftsman at his side. I was filled with delight day after day, rejoicing always in his presence,
2. **Proverbs 8:34** Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway.

3. **Isaiah 50:4** The Sovereign Lord has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught.
4. **Matthew 4:4** Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" See Exodus 16:4

D. Morning

1. **Psalms 5:3** In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.
2. **Psalms 143:8** 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.
3. **Psalms 88:13** But I cry to you for help, O Lord; in the morning my prayer comes before you.
4. **Isaiah 50:4** The Sovereign Lord has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught.
5. **Lamentations 3:23** They are new every morning; great is your faithfulness.
6. **Mark 1:35** 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.

E. Place

1. **Psalms 63:2** I have seen you in the sanctuary and beheld your power and your glory.
2. **Daniel 6:10** Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem.
3. **Matthew 6:6** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.
4. **Mark 1:35** 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.
5. **Acts 16:16** Once when we were going to the place of prayer, we were met by a slave girl who had a spirit by which she predicted the future.

F. Attitudes

1. Seeking: Jer.29:13; Psa.63:1; Psa.105:4; Psa.27:4&8; 2Chon.31;21
2. Expectancy: Psa.62:5; Psa. 25:9; Psa.86:11; Isa.55:1-3; Psa.27:4; Psa.119:18&162; Psa.36:8-9; 1Sam.3:9-10;Jer.29:12-13
3. Love: Deut.30:16&20; Psa.91:14; Jn.15:9; Jn.14:21; Jn.15:9; Matt.22:37
4. Worshipful: Jn.4:23; Psa.29:2; Ex.23:25; 1Chron.16:29; Job 1:20; Psa.95:6; Psa.99:9; Psa.100:2
5. Obedient & responsive: Psa.119:59-60; Jn.14:21; Prov.1:23; Psa.139:23-24
6. Humble: Psa.25:9; 1Pet.5:5-6; Isa.66:1; Prov.3:34; Jam.4:6&10
7. Patient: Psa.46:10; Psa.5:3; Psa.27:14; Psa.37:7; Psa.37:34; Psa.106:13 Psa.130:5-6; Isa.26:8; Isa.30:18; Isa.40:31