

# 7 Reasons YOU Should Have a Daily Quiet Time

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I have always enjoyed learning about the devotional habits of fellow believers. I also have been surprised to learn that some people do not see a need for a daily quiet time, but rather believe a weekly sermon preparation is sufficient for personal growth. While many of us certainly benefit from sermons in church there are good reasons why we must also set aside time each day to read the Bible and commune with God. Whether that time is in the morning (my preference) or in the evening, here are seven reasons why we should have a daily quiet time:

1. **It provides additional opportunity for personal growth.** It is often when we are communing with God in prayer and reading the Bible for pure pleasure—that God grows us most profoundly.
2. **It establishes a healthy rhythm.** We are busy people. In addition to the “normal” demands of our business, unpredictable surprises, challenges, and interruptions occur. Having a regular time with the Lord serves to recalibrate our souls, allowing time to breathe during the imbalances and disorders of the day.
3. **It reminds us to depend on God.** Jesus emphasized the importance of daily dependence when He taught us to pray: “Give us this day our daily bread” ([Matthew 6:11](#)). The more disciplined we are to talk to the Lord in prayer, the more likely we are to depend upon Him throughout the hours of each day.
4. **It models devotional practices for others.** When we share, what God has revealed to us in our personal devotions, listeners understand the importance of seeking God daily and may desire to have a daily quiet time themselves.
5. **It results in greater familiarity with the Word.** When we read the Bible daily—especially reading through the entirety of Scripture—we become better acquainted with biblical themes and the locations of particular texts. And ..greater familiarity leads to greater confidence in handling the Word.
6. **It adds fuel to our testimony.** In addition to the discoveries, we make during the week our devotional experiences may also find their way into our testimony. What God shows us in our quiet times often supplements our ministry in meaningful ways.
7. **It was the way of our Lord.** While no verse explicitly says that Jesus had a daily quiet time, our Lord certainly cherished time alone with the Father ([Mark 1:35-38](#); [Luke 5:16](#)). If a regular time of solitude was important to Jesus, then it must be equally important to His followers.

So, what are your devotional habits? How do you connect them to your life...to your business?