

3 Elements of an Intentional Quiet Time

Matthew 6:6 tells us that Jesus said, “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.” With these simple words he [Jesus] gives us some advice on how we can pursue a quiet time.

Applying this Scripture, Brian Heasley in his book, *Be Still: A Simple Guide to Quiet Times*, outlines three intentional elements for your quiet times:

- Jesus tells us, “**When you pray, go . . .**” Go is a simple word that implies intent; it’s a command to position oneself somewhere else; in this case, go into your room, seek out an *intentional location*.
- Next we are told to “**close the door.**” Again there is intent; not just moving into a different space but making the physical effort to close the door, to take *intentional action*.
- **Then you pray.** Having gone to a specific place and taken action to remove distraction, you can give attention to “pray to your Father,” an *intentional interaction*.

Be Still: A Simple Guide to Quiet Times // Brian Heasley



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