

# Quiet Time Phases

|                  | <b>Occasional</b>             | <b>Determined</b>             | <b>Study</b>                      | <b>Desert</b>         | <b>Devotional</b>                            |
|------------------|-------------------------------|-------------------------------|-----------------------------------|-----------------------|--|
| <b>Bible</b>     | Skip and dip                  | Regular routine               | Primary focus                     | Dry                   | Leisurely meditation                         |
| <b>Prayer</b>    | Brief, hurried, task oriented | Intercession and thanksgiving | Intercession and thanksgiving     | Empty, forced         | Listening, silence, intercession, worship    |
| <b>Emotions</b>  | Up and down                   | Satisfied                     | Satisfied                         | Flat and frustrated   | Longing, hunger, satisfied, fear/joy, warmth |
| <b>Frequency</b> | Once in a while               | Regular                       | Regular                           | Periodic              | Regular                                      |
| <b>Danger</b>    | God is not at the centre      | Legalism and complacency      | Academic & little time for prayer | Giving up             | Wanting to stay there                        |
| <b>Benefits</b>  | Better than nothing           | Developing discipline         | Growth in Scripture               | Detached from desires | Enjoying God                                 |

Taken From Stephen D.Eyre's chapter Quiet Time Dynamics in Hear the Word IVP (1990)