



15  
MINUTES  
WITH  
GOD

HOW TO HAVE A  
DAILY DEVOTIONAL LIFE

PEDRO ERASMUS

# 15 MINUTES WITH GOD

HOW TO HAVE A DAILY DEVOTIONAL LIFE

## CONTENTS

An introduction	...1
How to have a quiet time with God	...2
Overcoming quiet time problems	...5
Your daily prayer time	...8
Bible reading plan	...10

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15 MINUTES WITH GOD

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# 15 MINUTES WITH GOD

## AN INTRODUCTION

I often hear people say, “I just don’t have enough hours in my day.” I confess that I have been guilty of saying that at times. Somehow life has got busier and busier and we often feel rushed off our feet. With this in mind, many Christians struggle to fit in a dedicated daily devotional time with God. Somehow the busyness of our lives has pushed time with God out of our daily programs.

However, I believe more than ever before, that daily Bible reading and daily prayer are the most important disciplines in a believer’s life. If we are not spending time with God daily, we are denying ourselves of the strength and guidance that comes from Him to face life’s challenges.

We have 96 fifteen-minute slots in a day. Think for a moment how often we waste 15 minutes daily watching T.V. programs we don’t even enjoy, in idle chatter, day-dreaming and so on.

I would like to see every believer dedicating at least one or two 15-minute time slots per day to God for prayer and reading His word - working towards the goal of 15 minutes in the morning and 15 minutes at night.

In this booklet, I would like to offer you practical tips on how to spend those 15 minutes with God.

Enjoy!

*Pedro*

# HOW TO HAVE A QUIET TIME WITH GOD

## 1. SELECT A SPECIFIC TIME

### When is the best time?

The best time is when you're at your best. Remember, some people are early birds and some are night owls. So you need to choose a time when you are most alert.

GIVE YOUR BEST PART OF YOUR DAY TO GOD!

In Jesus' life, we see that he rose early to pray. In my experience, it is best to start the day with God. More importantly, it's best to keep your appointment with God no matter what time you set. You know what it's like when you have an appointment with someone and they stand you up!

### How long should my quiet time be?

This is a commonly-asked question. I would suggest the following guidelines:

- Start with a minimum of 15 minutes and let it grow
- Don't watch the clock
- Concentrate on quality rather than quantity (length)

My advice is to concentrate on small beginnings. Everyone can spare 15 minutes a day, so start with 15 minutes. Be faithful in that and let it grow. Just like in any relationship, when your time with God is exciting and real, it will grow!

## 2. CHOOSE A SPECIAL PLACE

Some folk go to work early to have a quiet place i.e. the office. Others have a special corner of the lounge, office at work or car park. In Luke 22:39 we see that Jesus' special place was the Mount of Olives:

*“Jesus went out as usual to the Mount of Olives, and his disciples followed him.”*

### 3. COMMIT YOURSELF TO A DAILY MEETING

I don't suggest having sporadic quiet times. Meeting with God must become a constant habit. In the previous verse, Luke tells us that Jesus went to the Mount of Olives *"as usual"*.

### 4. BEGIN WITH THE RIGHT ATTITUDE

When it comes to having the right attitude, there are four things to remember:

#### **4.1 Have a quiet heart - Don't rush into God's presence**

It's important to position yourself before God with a quiet heart. Remember who He is. Psalm 46:10 says *"Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

#### **4.2 Come with an open heart, expecting God to speak to you daily.**

Invite Him into the meeting. Pray, "Lord, I eagerly expect you to meet with me and talk to me today." In Psalm 119:18, David prays, *"Open my eyes that I may see wonderful things in your law."*

#### **4.3 Have an open mind - clear your thoughts of other things**

Here's a practical tip: If a thought enters your mind, clear it out by jotting it down so that you can deal with it later. For example, if you remember that you need to collect the children after work, jot it down. When you do this, you will be able to clear your thoughts in order to receive from God.

#### **4.4 Come with an openness and willingness to obey God**

The Bible says that obedience is better than sacrifice. Coming before God with a willingness to do what He tells us is the best way in which to approach this time with Him.

In John 7:17, Jesus challenges us by saying, *"If anyone chooses to do God's will, he will find out whether my teaching comes from God or whether I speak on my own."*

## 5. A SIMPLE PLAN OF ACTION

As suggested previously, let's start with 15 minutes a day. So what do you do during those 15 minutes? Here is my suggestion:

### **5.1 Relax (1 minute)**

Take a minute to allow yourself to slow down and prepare your heart. Take a few deep breaths! Do what you need to in order to be still and quiet - wash your face with cold water, grab a cup of coffee or sit on a comfortable chair.

### **5.2 Read the Word (5 minutes)**

Spend 5 minutes reading the Word either from your selected reading plan or from your Bible reading notes. Ask God to speak to you as you read.

### **5.3 Reflect (2 minutes)**

Take some time to reflect on what God spoke to you about while reading the Word. You can reflect by doing the following:

- Observation  
Write out what God is showing you in this passage. Record anything God is teaching you in the verse(s): principles, commands, warnings etc. What is the overall message God is saying through the verse(s)?
- Application  
Write out how this affects your life. How can you take what you've read and observed today and put it into practice in your life?

### **5.4 Record (2 minutes)**

Take some time to write down what God is saying to you in your journal. You can do this by answering the following questions:

- How does this apply to me?
- What action/s do I need to take?
- How do I apply what He told me?

### **5.5 Prayer Time: Make my requests known (5 minutes)**

During this time, share your heart with God. Tell Him where you are, how you are doing and what your needs are. Paul encourages us in Philippians 4:6: *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”*

# OVERCOMING QUIET TIME PROBLEMS

## 1. THE PROBLEM OF DISCIPLINE

If you choose to have your quiet time in the morning, the first battle you will face is “The Battle of the Blankets”! My suggestion is that the moment you wake up, you must get up! Never debate with your blankets - they normally win. Never debate with yourself by saying, “I’m so tired.” The devil usually exaggerates how tired you are!

Here are some practical tips:

### 1.1 Go to bed early enough

You can’t get up early if you are going to bed late. Try to develop a habit of going to bed at the same time every night. Tell yourself that you have an appointment in the morning. This will help you make the decision to switch off the T.V., set your alarm clock and put off the light.

### 1.2 Get up immediately

As soon the alarm goes off, GET UP! Don’t pray about getting up - JUST DO IT!

### 1.3 Watch out for the ‘Quiet Time Thieves’

Activities like late night TV or reading will steal time that would be better spent sleeping. You’ll end up going to bed later than planned and end up tired in the morning.

### 1.4 Fall asleep thinking spiritual thoughts

I’ve found it beneficial to read a Psalm, recite a memory verse or commit my night to God in prayer before falling asleep.

### 1.5 Be on guard against distractions

I’ve found that if I do the 3 things listed below, I’m less prone to being distracted by falling asleep or concentrating on my own thoughts:

- Don’t have a quiet time in bed
- It is better to read or pray aloud
- Play worship music as you prepare

## 2. THE PROBLEM OF DRYNESS

You will find that there will be times when your times with God feel dry or unexciting. Remember that it isn't helpful to judge your quiet times by how you're feeling. The devil doesn't want you to meet with God and will even use your feelings to discourage you from doing so.

D.L. Moody said, *"When you don't feel like reading and praying, read and pray until you feel like it."*

Here are some possible causes of spiritual dryness:

### **2.1 Physical health**

Physical health does affect our spiritual and emotional life. It's important to make sure that you are in good health. You may be stressed out or overworked and need a break.

### **2.2 Disobedience to God**

God calls disobedience sin. God wants you to deal with what He has told you to do last and may not move you on to something else until you have done so.

### **2.3 Rushing your quiet time**

I read a quote that said, *"Hurry is the death of prayer."* If you rush your quiet time, it will be difficult to receive from God.

### **2.4 Getting in a rut**

Doing the same thing the same way can get you in a rut! Use a variety of methods to keep discovering something new. Here are a few suggestions:

- Sometimes just read or just pray
- Study a book of the Bible

### **2.5 Not sharing with others**

Remember the Dead Sea illustration - the water is salty because it does not have an outlet. It only takes in water and never gives out. When we are generous and share what God is giving us, He pours into our lives.



### 3. THE PROBLEM OF DILIGENCE

The greatest problem you will face in developing a quiet time will be consistency. The devil will try all he can to keep you from meeting with God regularly. If he achieves this, he corrupts your connection with God.

**Here are some practical tips to help you to be diligent:**

- Make a covenant/promise that you will meet with Him daily
- Don't compromise your decision
- Get your Bible or notes ready the night before
- Check your alarm clock

So, what happens if I do miss a day? Don't give up because of guilt. Just start again and re-do what you've set out to do. Paul encourages us in Galatians 6:9, *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

# YOUR DAILY PRAYER TIME

For many, prayer feels like a chore - it is dull and boring. It is something we all struggle to do regularly. So how do we revitalize our prayer life? Let's take a closer look.

## 1. APPROACH PRAYER WITH THE RIGHT ATTITUDE

### 1.1 Be real

Don't try to impress God. Share your heart with Him and talk to Him as you would talk to a close friend.

### 1.2 Be relaxed

Removing distractions is the best way to help you relax. So switch off the T.V., radio or your cell phone. Close your door so you won't be interrupted.

## 2. HOW TO PRAY

Matthew 6:9-15 refers to the Lord's Prayer. In this passage, Jesus gives His disciples a model of how to pray. Here's a brief outline:

### 2.1 Praise

*"Father in Heaven, hallowed be your name..."* Matthew 6:9

Praise involves adoration. Praise God for who He is and for what He has done. Praise God for His love and mercy. See Psalm 100:4; Numbers 14:8; 1 John 4:8.

### 2.2 Purpose

*"Your kingdom come, your will be done on earth as it is in heaven."*  
Matthew 6:10

Pray for God's will to be accomplished in your life, family and church.

### 2.3 Provision

*"Give us today our daily bread."* Matthew 6:11

Pray for your needs and the needs of the church. See Philippians 4:19; Romans 8:32; James 4:2.

## 2.4 Pardon

*“Forgive us our debts...”* Matthew 6:12

Confess your sins and repent of them. Forgive others who have sinned against you. See 1 John 1:9; Psalm 139:23-24.

## 2.5 People

See 1 Timothy 2:1. I’ve found that using my hand as a guide is the best way to remember how to pray for others:



Your thumb is the finger that is nearest to you. Pray for yourself and for those who are closest to you - your children and loved ones.



The next finger is your pointing finger, the one that you use to give directions. Pray for Pedro and Barbie, your pastors and church leaders. Ask God to strengthen and direct them.



The third finger is your tallest finger. Pray for God’s provision, favour and covering over Edge Church and over your life.



The fourth finger is your ring finger. Pray for your marriage, that you would be a more loving spouse/parent in your family. If you’re not married, pray for your future marriage. Ask God to bring the right person along.



Lastly, your little finger is the smallest and weakest of all. Pray for children and for those who are vulnerable, weak or disadvantaged in our society.

It’s useful to write down the names of people you’re praying for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## 2.6 Protection

*“And lead us not into temptation...”* Matthew 6:13 and 16

Pray against Satan’s strongholds and spiritual forces.

## 2.7 End with Praise

Again, praise God for who He is and for what He has done. Praise God for His love and mercy, and that He has heard your prayers.

# BIBLE READING PLAN

## THE OLD TESTAMENT:

### Genesis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
49	50																						

### Exodus

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40								

### Leviticus

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27																					

### Numbers

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36												

### Deuteronomy

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34														

### Joshua

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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### Judges

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
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### Ruth

1	2	3	4																				
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### 1 Samuel

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31																	

### 2 Samuel

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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### 1 Kings

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		
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### 2 Kings

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25																							

## 1 Chronicles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29																			

## 2 Chronicles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36												

Ezra 

1	2	3	4	5	6	7	8	9	10
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Nehemiah 

1	2	3	4	5	6	7	8	9	10	11	12	13
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Esther 

1	2	3	4	5	6	7	8	9	10
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## Job

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41							

## Psalms

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96
97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144
145	146	147	148	149	150																		

## Proverbs

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31																	

Ecclesiastes 

1	2	3	4	5	6	7	8	9	10	11	12
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Song of Solomon 

1	2	3	4	5	6	7	8
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## Isaiah

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66						

## Jeremiah

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52																				

Lamentations 

1	2	3	4	5
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Ezekiel

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48

Daniel 

1	2	3	4	5	6	7	8	9	10	11	12
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Hosea 

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Joel 

1	2	3
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Amos 

1	2	3	4	5	6	7	8	9
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Obadiah 

1
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Jonah 

1	2	3	4
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Micah 

1	2	3	4	5	6	7
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Nahum 

1	2	3
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Habakkuk 

1	2	3
---	---	---

Zephaniah 

1	2	3
---	---	---

Haggai 

1	2
---	---

Zechariah 

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Malachi 

1	2	3	4
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# THE NEW TESTAMENT:

## Matthew

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28																				

## Mark

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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## Luke

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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## John

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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## Acts

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28																				

## 1 Corinthians

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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## 2 Corinthians

1	2	3	4	5	6	7	8	9	10	11	12	13
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## Galatians

1	2	3	4	5	6
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## Ephesians

1	2	3	4	5	6
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## Philippians

1	2	3	4
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## Colossians

1	2	3	4
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## 1 Thessalonians

1	2	3	4	5
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## 2 Thessalonians

1	2	3
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## 1 Timothy

1	2	3	4	5	6
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## 2 Timothy

1	2	3	4
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## Titus

1	2	3	4
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## Philemon

1
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## Hebrews

1	2	3	4	5	6	7	8	9	10	11	12	13
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## James

1	2	3	4	5
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## 1 Peter

1	2	3	4	5
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## 2 Peter

1	2	3
---	---	---

## 1 John

1	2	3	4	5
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## 2 John

1
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## 3 John

1
---

## Jude

1
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## Revelation

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28																				

## ABOUT THE AUTHOR

While in Bible College in 1979, Pedro sensed God's call to serve in a small, struggling church in a township on the Cape Flats.

In 1981 he married Barbie. In 1984, Pedro and Barbie were sent from Edgemead Assembly of God to serve as missionaries on the Angolan-Namibian border amongst the unreached Habukusku tribe. He led the team of missionaries there for 9 years. During that time their three sons, Luke, Joel and Daniel were born.

In 1993 Pedro and Barbie returned to their sending church where Pedro has served as the Senior Minister for the last 15 years.

Pedro also serves as a Regional Leader in the A.O.G. Group along with a team of leaders who oversee the churches of the Western and Southern Cape.

## ABOUT EDGE CHURCH

Edge Church is one church that meets in two locations - Edgemead and Melkbosstrand. We seek to be a place for all - a place that is relevant, multi-generational, welcoming, loving and accepting of all people - as we become fully devoted followers of Jesus Christ.



