

## THE QUIET TIME By Howard J Rose

"Be still and know that I am God." Psalm 46:10

### V. THOUGHTS ARE GIVEN BY WAY OF:---

1. Warnings:
  - (a) Personal, (wrong motives, thoughts, actions, etc, which are revealed which might become an occasion of sin)
  - (b) Concerning others.  
(Insight is given into the difficulties of those one is trying to help)
2. Some action to be taken, instructions re: plans etc
3. Letters to write
4. Visits to Pay
5. Thoughts to share with others
6. Instructions re: Prayer, praise, what is to be read, etc
7. Miscellaneous thoughts and promises

N.B. the more general results of the Quiet Time are:----

- (i) A first hand experience of God Through Christ, the bible, prayer and the listening for the voice of the Holy Spirit.
- (ii) A Christ centered and unified life, issuing in joyous, *spontaneous, God-Directed service*

### A PRAYER FOR THE MORNING QUIET TIME

**All though this day, O Lord, Let me touch as many lives as possible for Thee. And every life I touch do Thou by Thy Holy Spirit Quicken, whether through the word I speak, the prayer I breathe, the letters I write, or the life I live.  
In the Name of Jesus, Amen**

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(a few Outline notes on the guidance of the Holy Spirit in the life of the individual through attentive prayer.)

- I. The Facts of God's Guidance
- II. The Condition of God's Guidance
- III. The Tests of God's Guidance
- IV. One Method of Receiving God's Guidance
- V. The Results of God's Guidance
- I. The Fact of Gods Guidance

Experience shows that the individual is guided by God, both during the quiet time and throughout the day, in the following ways.

### 1. THROUGH THE HOLY SPIRIT IN ATTENTIVE PRAYER

(i.e., this unhurried quiet time waiting upon God), by means of:-----

- (a). The Scriptures
  - (b) The Conscience
  - (c) Luminous Thoughts
  - (d) Cultivating the Mind of Christ
2. Through Reading the Bible and Prayer
  3. Through Circumstances
  4. Through Reason
  5. Through Church, Group or Fellowship

### II. THE CONDITIONS FOR AN EFFECTIVE QUIET TIME

1. The whole-hearted giving oneself to Jesus Christ the daily offerings of ourselves, our souls and bodies in His Service

(Gal. 2:20; Romans 12: 1-2)

N.B. This Entails:-----

- (e) the willingness to let go every known sin or inconsistency
  - (f) Maintaining right relationships with all men.
  - (g) The willingness to make restitution for wrong done, and if and when guided to do so.
  - (h) Absolute honesty, purity, unselfishness and love.
2. Seeking God for Himself, believing in the indwelling presence of Christ (Is. 55:16; Matt. 28:20; St. John 15:04)
  3. Self-discipline, especially in keeping a regular unhurried time of quiet, waiting upon God in a restful, relaxed and receptive attitude. (Psalm 46:10; Matt. 26:41)
  6. Absolute trust and obedience to the Will of God and the carrying of it immediately, as it is revealed by the Holy Spirit. (Pro. 3: 5-6 St. John 16:13)
  7. A belief in prayer that whatever we ask according to His will and His name, believing, we shall receive. (Matt. 21:29 St John 14: 13-14)

### III. THE TESTS OF GOD'S GUIDANCE

How can we discover what is the true guidance of God??

5. Does it go counter to the highest standard or belief which we already possess??
6. Does it contradict the revelation, which Christ has already made in or through the bible??
7. Is it absolutely honest, pure, unselfish, and loving??
8. Does it Conflict with our duties and responsibilities to others??

N. B. If uncertain still, wait and continue in prayer and consult a trustworthy friend, Who believes in the guidance of the Holy Spirit.,

N.B. (Latin for Nota Bene or note well)

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### IV. ONE METHOD OF OBTAINING GOD'S GUIDANCE

"Watch and Pray" Matt: 16:41

1. Get into a comfortable position, sit, recline or kneel, which ever gives greatest relaxation of mind and body. Cultivate stillness of mind by an act of will, thinking peaceful and restful thoughts Have unhurried quiet and sense of leisure, avoiding the tenseness. (Psalm 37:73)
2. Confess any know sin and seek forgiveness through Christ ( I John I: 5-9)
3. Seek the indwelling presence of Christ, claiming His Promise "I am with you always" He is There. Realize Him." Abide in me, and I in you" (Gal 2: 20)
4. Dedicate the body, soul and spirit to Him for the day This Act of Committal entails the bringing to God the belief of the mind, the love of the heart, and the service of the will. (Rom. 12: 1-2)
5. Pray that the Holy Spirit may take complete charge of the thought of life, that only God's thoughts may enter the mind. (Romans 8: 26-27; John 16: 15 )
6. In the attitude of "Speak Lord for Thy servant heareth" wait patiently and quietly, listening for what He has to say, what he has to reveal to us concerning ourselves, what He wants us to do in His service, what message He wants us to bear, what piece of work H wants us to do, or what new truth He wants us to learn about Himself. ( John 16: 13-14)
7. May find it real help to write down the ideas and thoughts which the Holy Spirit has caused to arise in the mind. The advantage of this is two-fold; It is an aid to concentration and acts as a reminder of duties to be performed, and is of value in checking at the close of the day thoughts received each morning and through the day.

(Jer. 10: 2)

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