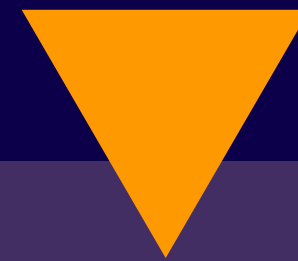


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“For God Alone”

Class 2

Struggles



Consistency

Creativity

Connection



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Our Father in heaven longs for you to
BE WITH HIM
before He wants you to
depart Him

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Malcolm Cox

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Coaching the Curious Worship; Speaking; Spiritual Disciplines



"A 3-minute prayer meditation on Psalm 42"
Quiet Time Coaching: Episode 48

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“As a coachings for living seasons, so my soul longs for you, O God. Say and think for God, for the living God. When shall I come and behold the face of God?” (*Psalm 42:1-2 NAB*)


Something different this week. I offer a three-minute prayer meditation on *Psalm 42:1-2*.

Instructions

- Find a quiet place.
- Settle in a comfortable position.
- Take a deep breath....hold....release.
- Relax and listen to the audio or watch the video.

Readings of the two verses will be interspersed with the sounds of the River Gade.

Quiet Time Coaching Episode 48: "A 3 minute prayer meditation on Psalm 42"




Quiet Time Coaching

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Coaching on CoachTime

I coach Christian spiritual disciplines. Over go years' ministry experiences, a depth & much more have qualified me to coach people in making spiritual disciplines habitual.


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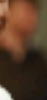
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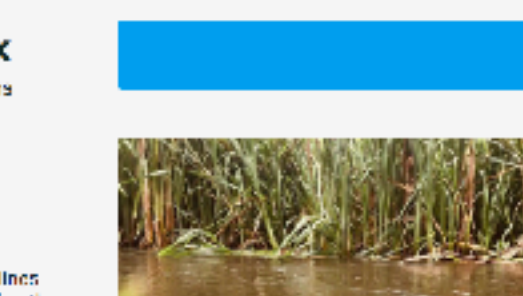
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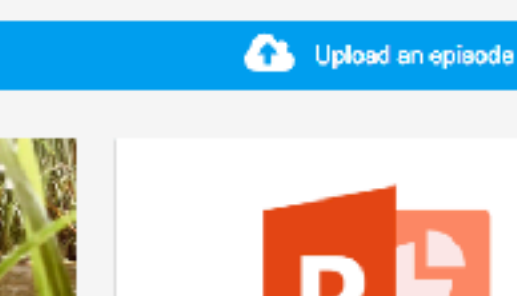
Malcolm Cox, Spiritual disciplines coach. Enjoys communicating the depth & relevance of the Bible to life today. Author of 'An elephant's swimming pool' about John's gospel. The Iliad of Simon. See: www.malcoxcos.org, www.southchurchofchrist.org & www.tncc.org

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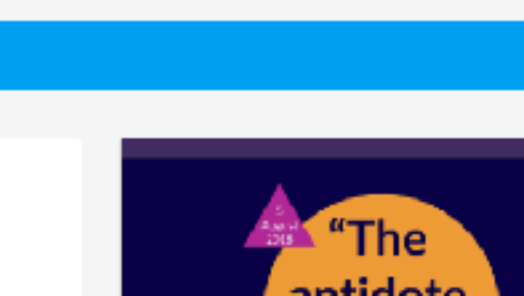
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“

You are not a victim of
circumstances,
you are a creator of
circumstances.

”

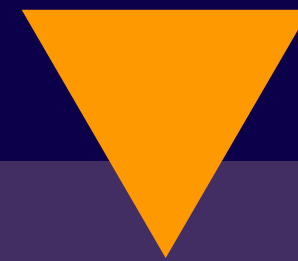
“

A 'quiet time' is a moment of
unhindered connection with God

”

**“Spend time with God alone and
you will learn to love God alone”**

Re-connect

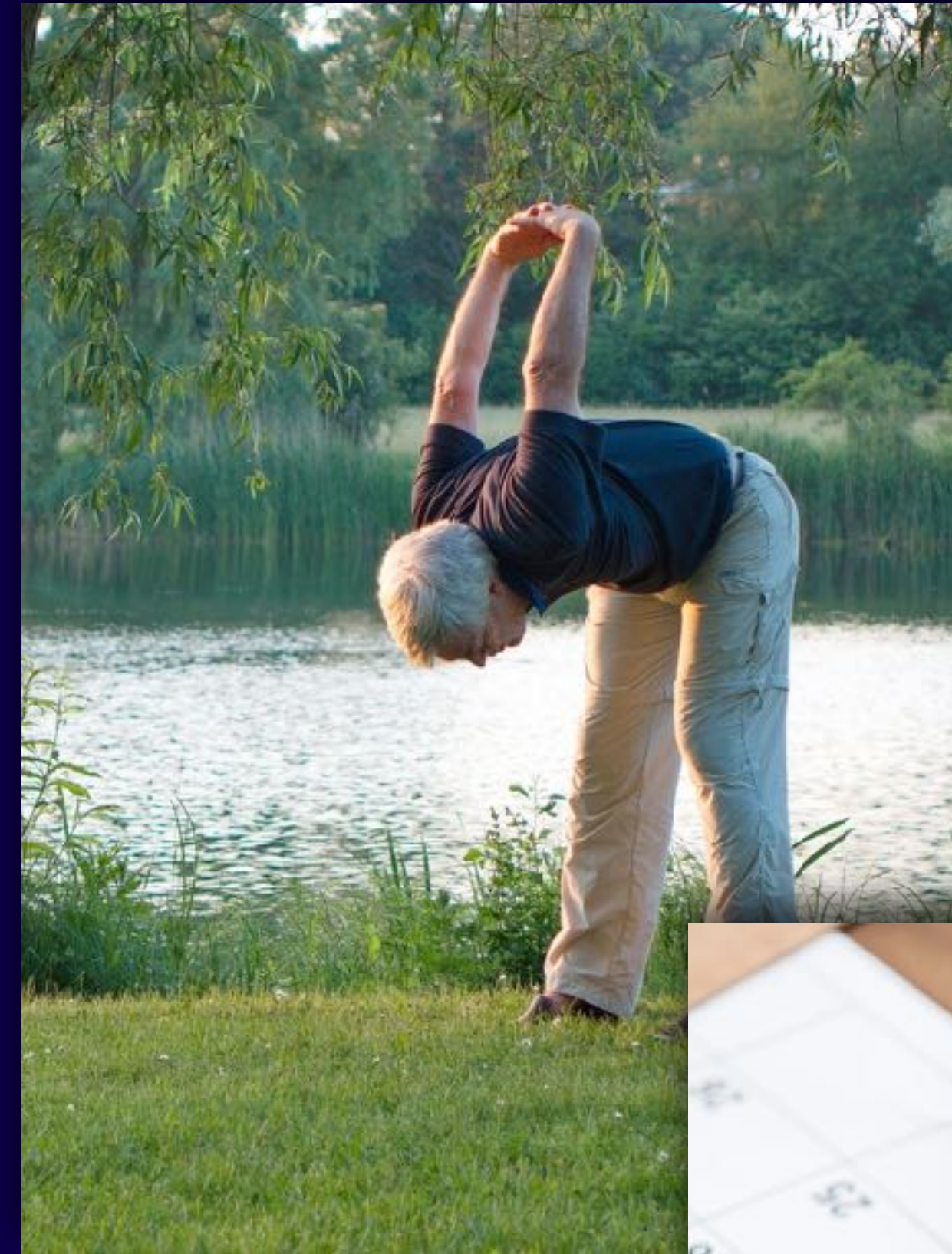


Reminded

Refreshed

Reorientated

Be Flexible ◀



Be Consistent ◀



Bring your
humility

Bring your
courage



feedback



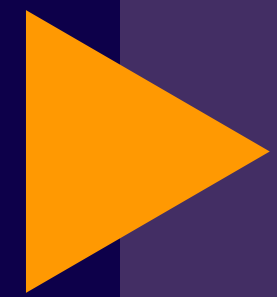
What a 'quiet time' needs

Practicals

“

You are not a victim of
circumstances,
you are a creator of
circumstances.

”



Groups: Pick one character

David
2 Sam
12.19-20

Daniel
Daniel
6:10

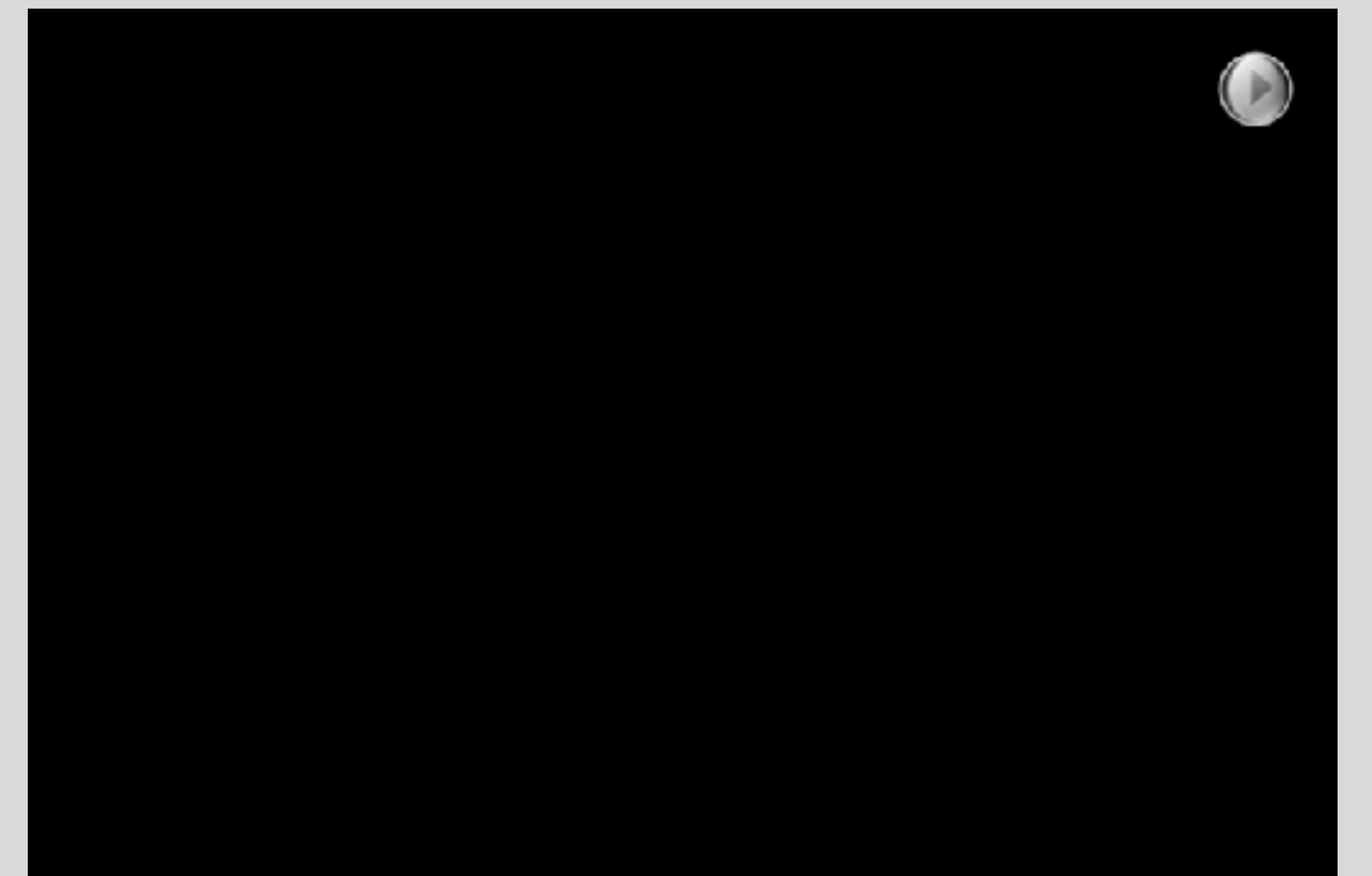
Jesus
Mark
1.35

Peter
Acts
10.9-10

Question:

“What did they need to make their ‘quiet time’ possible?”

- Practical issues
- Spiritual / emotional issues



“

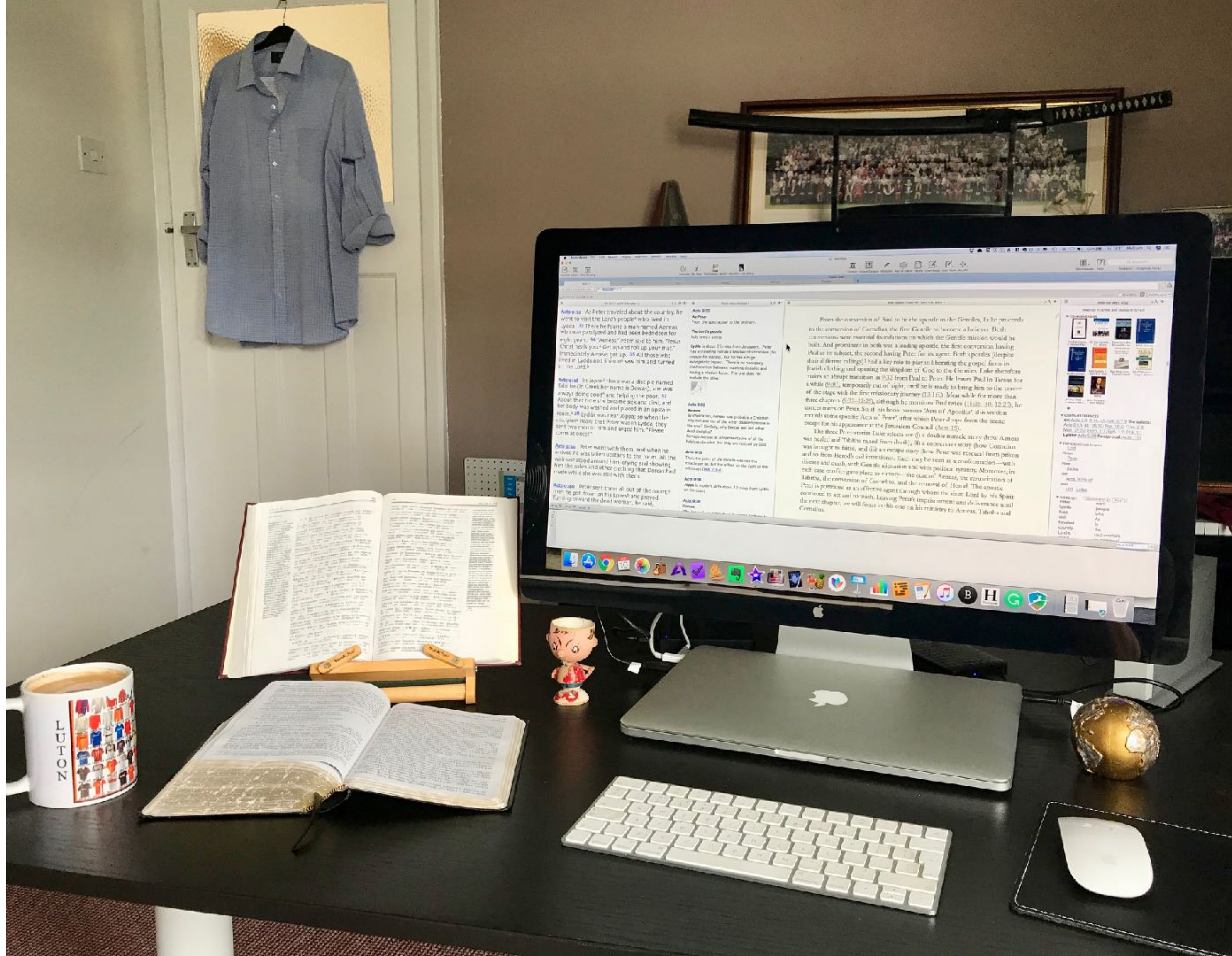
You are not a victim of
circumstances,
you are a creator of
circumstances.

”

Essential Ingredients

Space

Time



Decide: de caedere



Are you a victim of your
circumstances?

Yes

☐

No

☐

Creator



Victim



That's A Big Number

1,835 hours

10 minutes a day for 30 years

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“For God Alone”

Class two