

10 August 2018

# "For God Alone"

"For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall never be shaken." (Psalms 62:1-2 NRSV)

Class Two: What a 'quiet time' needs  
(some of the essential components of a 'quiet time')

## Introduction

- "You are not a victim of circumstances, you are a creator of circumstances."
- Definition: A 'quiet time' is a moment of unhindered connection with God.
- Dream: "Spend time alone with God and you will learn to love God alone"
- Purpose: Reconnect by being - reminded; refreshed; re-orientated
- Two things to 'be': Be flexible; Be consistent
- Two things to bring: Bring your humility; Bring your courage

## 1. Inspiration

<u>David</u>	<u>Daniel</u>	<u>Jesus</u>	<u>Peter</u>
2 Sam	Daniel	Mark	Acts
12.19-20	6:10	1.35	10.9-10

### Question:

"What did they need to make their 'quiet time' possible?"

- Practical issues
  - Spiritual / emotional issues
- **3-minute discussion and note down what you find....**

## 2. Application

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- "You are not a victim of circumstances, you are a creator of circumstances."
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- Essential Ingredients:
    - T.....
    - S.....
  - What's your plan to create the t..... and s..... you need for regular 'quiet times'?
  - Decide - "cut off"



- What do you need to cut off to create the space and time to be with God?
- If I cut off..... I will have the time and space I need

## Conclusion

- Victim or creator?
- 10 ..... a day for ..... years = ..... hours with God