



#53

Theme: "Quiet Time"

Scripture: Psalm 62:5-6 (NIV)

"Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken"

A Thought: I am a recovering news junkie or correctly put - I was once a proud member of the boob tube (switch from one news program to another) generation. Off the bed to the slippers that found their way to the television remote and with a quick click the forty-four inch Samsung went into action. Chatter, video, chatter, pulsating music, commercials and more chatter that was my addiction. Oh, please where is my remote? Where is my remote? I need my remote! Yes, I was a boob tube news addict. Where did it all start? I once worked and since retired from the television news and public affairs profession. Every morning I needed my fix. Oh yes, to hear what is happening across the pond, the latest scandal, updates on the economy, political upheaval (local, national, international) and sports to name a few. The information was so important or so I thought that I neglected to put God first every morning. I did and do spend a few hours with the Lord every day...but, never in the morning. Until a few months ago at day break I went cold turkey. The television in front of me was dark waiting for me to click the "on" button. I stared at it - it stared back...it looked sad. I sat in my television chair and I opened the book of truth - God's word...and silence, yes silence and a peaceful spirit embraced me. His words spoke to me gently, peacefully and with a serenity only He can provide. "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you." Colossians 3:16 (NIV)

Now....what are your thoughts? Write them down.

Talk to yourself:

- How is your prayer life? Take notice of Luke 11:1
- Do you take time to study the word? Take action.
- What can you do NOW to lessen the world of noise and chatter.

Scriptures to read:

- Ecclesiastes 3:1-8; 1 Kings 19:11-13; Psalms 46:10, 62:5; Luke 4:42;
- Romans 10:17, 12:2; 2 Timothy 2:16; Ephesians 5:16, Mark 1:35;
- Colossians 3:2-4, 16; 1 John 2:15-17

Quote: Mother Teresa (<http://www.brainyquote.com/quotes/keywords/>)

“We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls”

Bottom Line:

What a terrible habit. Every morning the television was turned on so that I could get my “updated news” fix. We live in a world filled with noise and chatter and the world beckons us to follow suit. Satan fingers the human chain until he sees the weakest link...you and me! We have so much stuff to keep busy and less time with the Lord. Here is a short list: iPods, tablets, smart phones, laptops, games, big screen television, Face Book, television sports (football, soccer, basketball) to name a few. What about the exhortations we often hear from the pulpit about the importance of “quiet time” with the Lord. Yeah! Yeah! “Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.” Matthew 26:41 (NIV) If we are truthful we marginalize God until He suits our purpose. Gents, let’s listen to the teachings of the master of all teachers - Jesus is His name....listen and take note: “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35 (NIV)

NOW.....THAT’S THE BOTTOM LINE.

Spiritual Dabbler, Your bro, Ray

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