

Hearing from God The Benefits of Quiet Time

The Lord God has given me the tongue of disciples, that I may know how to sustain the weary one with a word. He awakens me morning by morning, he awakens my ear to listen as a disciple. The Lord God has opened my ear; and I was not disobedient, nor did I turn back. (Isaiah 50:4-5)

- I. **What is Quiet Time:** Quiet Time is a time to get alone with God and fellowship with Him. It is a special time to meet with God and communicate with Him one-on-one.

- II. **Original Intent and Purpose of God**
 1. **Genesis 3:8-9** - "And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden. And the Lord God called unto Adam, and said unto him, where art thou?"
 2. **Genesis 2:7** - "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."
 - a. Connection with God
 - b. Intimacy established between God and man
 3. **Revelation 4:11** - "Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created."

- III. **How God Speaks to Us**
 1. Impressions upon our heart / still small voice
 2. Through messages
 3. Through His Word
 4. Through prayer

- IV. **Practical Things for Enhancing the Process of Hearing from God**
 1. Make a decision to have a quiet time - "do I really want to meet with God and hear from Him?"
 2. Set a time - "There is appointed time for everything. And there is a time for every event under heaven." Ecclesiastes 3:1

- a. Ps. 5:3
 - b. Ps. 119:164
 - c. Mark 1:35
3. Set a place – Jesus went to the mountains and into the wilderness
 - a. Luke 22:39-41
 - b. Luke 5:15-16
 - c. Gen. 19:27
 - d. Matthew 6:6
 4. Approach with a sense of expectancy – “Call to me and I will answer you, and I will tell you great and mighty things, which you do not know.” (Jeremiah 33:3)
 5. Be consistent – “Pray without ceasing” (I Thes. 5:17). Keep doing it!
 6. Pray with passion – Hebrews 5:7
 7. Seek God’s plan for your life rather than plan your life for God – “For I know the plans that I have for you, declares the Lord, plans for welfare and not for calamity to give you a future and a hope.” Jeremiah 29:11
 8. Wait for an answer – hearing from God is a process; it does not happen overnight
 - a. Ps. 62:5
 - b. Ps. 130:5
 9. Speak less and listen more – “...but let everyone be quick to hear, slow to speak and slow to anger.” (James 1:19b)
 10. Avoid distractions – “And she had a sister named Mary, who seated herself at the Lord’s feet and was listening to His teaching. But Martha [overly occupied and too busy] was distracted with much serving...” (Luke. 39-40).
 11. Remove/eliminate interferences/hindrances – “If we confess our sins, He is faithful and just to forgive our sins and cleanse us of all unrighteousness.” (I John 1:9)
 12. Set the atmosphere with worship (raise your antennas) – it sets the tone
 - a. Ps. 95:6
 - b. Ps. 96:9
 - c. Ps. 99:9
 13. Keep a journal

V. The Motivation for Quiet Time

1. Fellowship with God
2. Communing with God
3. Love for God

VI. The Disciple's Pursuit

1. Daily Fellowship
2. Daily Communion
3. Daily Word of God