

Seize Your Day!

What's a quiet time? A quiet time is when you set a specific time in your day to connect with God. A suggestion is to find specific comfortable place in your home to sit quietly and just spending a few minutes alone to connect with God. Often our days are very busy and God wants our very best, so pick a time when you fresh and rested. You will find your day will go easier and your problems will not seem so overwhelming, as you create the valuable habit and secret of a daily quiet time. A suggestion is a simple prayer asking God to open your mind to hear Him, and to help you seek out where He might be working in your life. Maybe you're saying you just don't have time for one more thing to do? However, if you have God order your day, you will be more peaceful throughout your day and you will have a more productive day. Know that God has got your back and He's really in control. Our job is to slow down and try and hear Him!

"This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words."
I Corinthians 2:13 (NIV)

Suggestions for a good healthy quiet time:

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|-----------------------------|---------------------------|-------------------------------|
| 1) Try for no distractions | 2) No noise | 3) TV / Radio turned off |
| 4) Before the kids wake up | 5) Sitting up in a chair | 6) Cell phones / Computer off |
| 7) Before your day calls! | 8) Have a specific study | 9) Have a specific location |
| 10) Set an uncluttered time | 11) A time you are rested | 12) Pray for specific issues |

Suggested simple prayers with your bible open:

- 1) Thank God for His love for you and for how He cares for you- He is faithful!
- 2) Thank God for His promises to care for and bless you- He is able!
- 3) Ask God to BLOCK OUT your day to STUDY His WORDS.
- 4) SEEK-OUT impactful WORDS to jump off the page for you, (maybe highlight key verses).
- 5) Ask God to OPEN your MIND to His discerning knowledge and wisdom.
- 6) Ask God to show you how to love others in your life, especially when you don't know how.
- 7) For your family and those in your life that come to mind, who NEED your PRAYERS.
- 8) Ask God to put on your mind what He wants you to SPECIFICALLY WORK ON.
- 9) Ask God to give you strength and courage to SURRENDER to HIS PLAN.
- 10) HUMBLY ask God to gently GUIDE you to be the very best person possible.
- 11) Pray for God to USE YOU to HELP OTHERS.

"Yes, when you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed."
Jeremiah 29:13 (MSG)

Learn to strive for: **Less of you, and more God!**

Know that most of all God wants us to have pure motives,... with a pure heart,... striving to be the very best Godly person possible. God loves to use humble broken people, who are seeking Him out! Our job is to find out where He's working in your life and surrender to His PLAN for YOUR DAY!

Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
2 Corinthians 13:9-10 (NIV)

Talking Points

M.O.T.E.

Men on the Edge

Wisdom for a Healthy Marriage

Generally speaking somewhere around 86% of our input throughout our day is negative input from our lives and all of us desperately need His help in these challenging times. See some of the benefits below of a daily quiet time; just blocking out a few minutes of your day. Remember these are all choices in each of our lives, to set aside time in our day, alone only with Him, seeking Him and His ways. Know your time and effort will be blessed when you set time aside with God.

Results of a good healthy quiet time:

- 1) You have a clear head for your day. easier.
- 2) Your challenging problems are solved
- 3) You have a better disciplined focus.
- 4) Godly discerning decisions are made with peace.
- 5) You seek out healthy Godly guidance.
- 6) You feel better about your world.
- 7) Daily distractions are minimal.
- 8) You have a humble confident attitude.

As you create the habit and learn the valuable tool of a healthy quiet time, alone with God, marinating on his words, zoning into His presence can be the most valuable and important time of your day. This is a lifestyle changer, where you are stronger, healthier and more secure in your life and in His presence.

“However, solid food is for mature people, whose minds are trained by practice to know the difference between good and evil”

Hebrews 5:14 (GW)

The God Zone This where you find a quiet place to closing your eyes, striving HUMBLY to put on your CHILD-LIKE EYES and EARS trying to FEEL GOD in the DARKNESS. Even if you are a new Christian or don't know what this God stuff is all about, I encourage you to STOP and CLOSE YOUR EYES to BEGIN to FEEL Him WORKING IN and AROUND YOU NOW,... in your life! Even if you can't see God working in your life, your job is to just STOP, and LEARN to JUST BE alone in His presence... for just a few minutes. Alone just listening to the darkness,... eyes closed,...waiting in anticipation for His THOUGHTS or IMPRESSIONS from the HOLY SPIRIT. Often there are no bolts of lightning in the “GOD ZONE.” However, this is where you will have your greatest success to begin to see Him at WORK IN and AROUND YOU in your life!

In the “God Zone” ALONE ONLY with HIMHUMBLY, with an eager ATTITUDE of EXPECTATION, you will begin to FEEL HIM and the Holy Spirit working in your life. Know with this valuable DAILY HABIT of a good healthy quiet time or the “God Zone,” will you begin to feel the PEACEFULNESS and the PRESENCE of God as He BEGINS TO SPEAK BACK TO YOU.

I encourage you to begin a quiet alone time with God today, EARNESLY SEEKING OUT Him out! Know your home-life and your personal challenges that you are facing today will still be there, however with “God in your boat” you will be STRONGER and more SECURE with HIS HELP!

“So the LORD must wait for you to come to him so he can show you his love and compassion. For the LORD is a faithful God. Blessed are those who wait for his help.”

Isaiah 30:18 (NLT)

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Matthew 4:4 (NIV)

Wisdom Key: **He who masters his time, masters his life!**

Quote by Mike Murdock's book *The Leadership skills of Jesus*