



"In Your Secret Place"

Quiet Time Study

During this quiet time, we are going to consider our "secret place." This is only a time of preparation. You will continue this quiet time by spending time alone in His presence in your personal "secret place."

Our intimate place of communing with the Lord is our "secret place." There are many words and phrases used for this place, depending on the Bible version you use. Some of these include: secret place, pavilion, sanctuary, under the shadow of the Almighty, refuge, fortress, under His wings and others. Each of these words carry with it the connotation of being hidden and safe, protected by God. God promises to be with us in a very real way on our day-to-day walk, as He says "I am with you always" and "I will never forsake you." Most of us take moments found here and there to "pray on the go." But there is much to be gained by taking time alone in His presence, where we can talk and listen and wait with no distractions. Consider the privilege we have--that the Lord Jesus Christ is willing to meet with you privately for as long as you want, and He is eager to meet with you every day! That "secret place" is where we grow in an intimate relationship with Him.

What do these verses tell us about our secret place?

Deuteronomy 33:27

Matthew 6:6

What are some things that God will do for you in your secret place?

Psalm 27:14

Psalm 31:20

Psalm 34:4

Isaiah 25:4

Act 3:19b

II Corinthians 3:18

What are some things you can do in your "secret place?"

Psalm 46:10

I Peter 5:7

Hebrews 12:1

Spending time with the Lord in your secret place is essential to gaining victory in your Christian life, persevering through your trials and running with endurance the race that is set before you. In the familiar story of Mary and Martha (Luke 10:38-42), we find Mary sitting at the feet of Jesus while Martha is distracted with much serving. Jesus says to Martha that Mary has chosen the best, most needful thing. This reminds us that spending time in our secret place is a choice we make. Take a moment to evaluate how you spend your time. Are there activities which hinder you from your time with God? Is time with God a priority? Set your heart to seek the Lord!

Our secret place of prayer must be guarded. It is a battle to make the secret place a reality in our daily lives. We battle our flesh which loves to sleep, is easily distracted and does not like to sit and be quiet. We have busy lives with many things to distract us from spending time in our secret place. Even without the many responsibilities and distractions, it can still be a challenge to spend time alone with God. To pray at the table, in church, or on the go as things come up is one type of prayer. But actually setting aside time to sit in His presence truly brings on the attack of the enemy. He knows that our secret place is a place of strength and victory; if he can defeat us here, he will ultimately defeat us in other areas of our spiritual lives. What have been your biggest hindrances to setting aside a regular quiet time with the Lord?

The hymn writer Joseph Scriven correctly wrote:

O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Write a few sentences expressing why you want to make better use of your secret place. Then take a moment to pray that God will give you a deeper desire to make your relationship with Him a priority in your life.

To prepare for time in your secret place with the Lord (instructions to follow), list a few topics that are uppermost in your mind to communicate to your Confidant, your Loving Father and All-Powerful God.

“Time spent alone with Jesus each day will order our hearts and grant a sense of direction, enabling us to live purposeful, useful lives, directed by the power of the Holy Spirit, rather than being driven by the expectations and demands of others.” (Nancy Leigh DeMoss)



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Instructions

Instead of just hearing teaching about the secret place, we want you to take a half hour to experience it.

Take this booklet (or a notebook), a pen and your Bible. Find a place where you can comfortably be alone. You do not need to sit the entire time--you can walk and spend time in God's presence. Be aware that the enemy may put many distractions in your path, so make a determination right now that any phone call, text, or other need can wait for 30 minutes. Thirty minutes in your secret place may seem like forever. Because silent prayer goes fast, you might pray for everything you can think of, and only five minutes will have passed. That's okay--that is the same for everyone! If you say all you can think to say to God, take time to be quiet before Him thinking about Him, waiting on Him, listening for His still, small voice.

You can follow the suggested steps below:

- ❖ Don't scrimp on your 30 minutes. Write down the time you are starting here:

- ❖ Read these steps below before you start, so you will see the larger picture of this directed time in your "secret place."
- ❖ Begin this time in your secret place with a prayer that God would speak to you and show you how to pray.
- ❖ Take time to praise God for His omniscience (He is all-knowing). Praise Him that He knows the situations in your life. Praise Him for His sovereignty (His overall control). Acknowledge that He is in control of those situations and has a purpose and a plan for you.
- ❖ Praise God for your salvation...what He did for you on the cross and the difference He has made in your life.
- ❖ Enter His gates with thanksgiving. No matter how burdened you are, there are blessings in your life for which you can be grateful.
- ❖ Take time for confession--a time to "clear the air" between you and God, allowing God to impress upon your heart areas of sin or unforgiveness which you need to confess.

- ❖ You may have many things that you want to talk to Him about. But today, in these moments, consider those issues you wrote down (*page 13*) before lunch. Write them here:

- ❖ Even though you may have done it before, take a moment to cast your cares upon Him. Give these burdens to the Lord. Ask for His comfort, His direction, His wisdom; if there are other people involved, pray for those people also.

- ❖ Pray that God would be glorified in the situation(s) and in your life. Write down your prayer(s). Maybe your prayer is just “help me!” or “deliver me!”

- ❖ Take five minutes (use your watch if necessary) to just sit in His presence and wait on Him.

- ❖ Ask God to speak, or to confirm what He was speaking to your heart already. Turn in your Bible to Colossians 3. Read the chapter prayerfully (more than once if necessary). Stop when you feel that He has spoken to you through His Word. Write down what He spoke to your heart here.

- ❖ If your time is not up, end with a psalm of praise. Pray the words of Psalm 63.