



## Why is quiet time with Jesus so important?

Sunday, December 10, 2023 AVBC

-Psalm 46

-Luke 1

### 1. SILENCE ENABLES YOU TO \_\_\_\_\_

*But those who still reject Me are like the restless sea. It is never still but continually churns up mire and dirt. There is no peace for the wicked,” says my God. (Isaiah 57:20,21)*

*The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” (Mark 6:31,32)*

### 2. SILENCE ENABLES YOU TO \_\_\_\_\_

-1 Kings 19

\*Nothing will renew you more than \_\_\_\_\_ the \_\_\_\_\_ of God for yourself.

### 3. SILENCE ENABLES YOU TO \_\_\_\_\_

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. (Romans 12:2)*

*I will meditate on all Your works and consider all Your mighty deeds. Your ways, O God, are holy. What god is so great as our God? (Psalm 77:12,13)*

*Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on His law he meditates day and night. (Psalm 1:1-2)*

*May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. (Psalm 19:14)*

*I lie awake thinking of You, meditating on You through the night. I think how much You have helped me... (Psalm 63:6,7a)(NLT)*

## DIGGING DEEPER

(For use in personal/family devotions or with your care group)

- Q1: When you think of silence that is refreshing/meaningful, what comes to mind?  
Q2: What does it look like for you to truly relax? Do you give yourself permission to do that? Why or why not?  
Q3: Read 1 Samuel 3. What does this passage teach us about what it is to hear and respond to God’s voice?  
Q4: Have you “heard” the Lord speaking to you? What was that experience like? How did the Lord communicate with you?  
Q5: READ Philippians 3:17-19 and Philippians 4:8-9. What does this passage teach us about how to think the Lord would have us think?  
Q6: In the midst of your “Christmas Crazy” what might enjoying some quiet time with Jesus look like to you?