**The Quiet Hour #1**

Dedicated to Deity

**Psalm 27:4**

**Definition**

* “Sacred” – devoted and dedicated to Deity

*“One thing have I desired of the LORD, that will I seek after;*

*that I may* ***dwell*** *in the house of the LORD all the days of my life,*

***to******behold*** *the beauty of the Lord,*

*and* ***to enquire*** *in His temple.”*

**Psalm 27:4**

The following information is provided as a simple guide to either an hour or a day that is set aside to meet with God in a concentrated and focused effort. It would be a great idea to take notes in the form of a journal as a record of your time with God. You will need a **place to go**, a **period of time**, and a **plan to follow**.

* **A Sacred Hour** – By breaking down the 60 minutes of an hour into 12 blocks of 5 minutes each, you can spend a meaningful hour with God. Extend your time allotments as needed.
* **A Day of Prayer** – These 12 sections can each be assigned to a time slot during the day so that 12 different times you pause for a period of meeting with God. A suggested approach is to assign a time to each section. You will need to keep your materials accessible throughout the day. Allow for more extended time periods as you feel led of the Lord. Avoid being in a hurry.

1. **CONFESSION** – Agree with God about any form of sin in your life that could in any way hinder your prayers. Make Ps. 139:23-24 a prayer and then allow God to reveal any area of unconfessed sin including sins of word, deed, thought, attitude, or reaction.

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2. **ADORATION** – Focus on the person of God by praising Him for Who He is. Make a specific list of the attributes of God that you are thankful for and read the list back to Him. Psalm 86 is “A Psalm Filled With God” and may serve as a guide in making your list.

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3. **HUMBLING** – Genuine humility begins with an awareness of your need of God (Rom. 12:3, James 4:10). In your notes, write this phrase, “God I need you because…” and them finish the statement in prayer and seek to acknowledge your dependence upon God.

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4. **SINGING** – Use a songbook, or even songs recalled from memory and simply worship the Lord in song. In Ps. 100:2, we are told to *“…come before His presence with singing…”* Do not allow the quality of your voice to be a limitation (Ps. 21:13, 33:1-3, 66:1-2).

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5. **SCRIPTURE** – It is through the Word of God that God speaks to us. Select a meaningful passage and read it aloud, marking key thoughts in your Bible. Find a key truth, and determine how you can apply it to your own life (Ps. 119:18).

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6. **WAITING** – During this time you will not be reading, writing, or speaking. Simply be quiet before the Lord and allow Him to bring anything to your mind that He chooses (Ps. 27:14, 37:7). Recognize that God is present with you.

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7. **INTERCESSION** – According to I Tim. 2:1, *“…supplications, prayers, and intercessions…”* are to be made *“…for all men.”* Prepare a list of names and needs that you can bring before the Lord in prayer. Take hold of the requests and get a hold of the Lord, and bring them together.

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8. **PETITION** – Prepare a list of your own personal requests and *“…let your requests be made known unto God”* (Phil. 4:6). Focus not only on physical and material needs, but also on mental, emotional, and above all, spiritual needs as well.

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9. **THANKSGIVING** – Prepare a list of 10 specific ways that God has been good to you as a person. Read your list back to God, thanking Him specifically for each of the blessings that He has provided in your life (I Thess. 5:18).

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10. **PSALMS** – Instead of just reading through a Psalm, pray through a Psalm. Many of the Psalms are filled with praise and prayer, and provide a wonderful guide for personal communication with God. Some suggestions would include Psalm 27, 40, 42, or 63.

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11. **MEDITATION** – In meditation, the mind is not in neutral, but is very active. Choose a favorite verse in Scripture, maybe in one of the Psalms you just read. Seek to memorize and master this verse and the truths it contains. Ask yourself these questions:

* What does it say to me? ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What does it mean to me? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What should I do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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12. **PRAISE** – You began with adoration, and now you will conclude with praise. Thank God for the blessing that this concentrated time with Him has brought into your life. Ps. 50:23 says, *“Whoso offereth praise glorifieth me…”* Read Ps. 150 out loud in conclusion.

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“In our service for God, what we do depends largely upon what we are. What we are depends upon what we receive. What we receive depends on the depth and constancy of our communion with God.”

**-Alexander MacLaren**

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What a man is with his God – is what a man is, nothing else.

What a woman is with her God – is what a woman is, nothing else.

To be little with God is to be little for God.

To be much with God is to be much for God.

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