**The Quiet Hour #5**

A Letter to God

**James 4:8**

 For many people, life in the 21st century could best be described using words like: “hectic, frantic, chaotic, and even panic”. Their bodies are tired, their minds are troubled, and their emotions are in turmoil. And yet it is God’s Word that speaks directly to this desperate state of affairs with three specific words of instruction:

* When life becomes too busy – *“****Be still*** *and know that I am God.”* (Ps. 46:10)
* When life becomes too noisy – *“****Be silent****, O all flesh, before the Lord…”* (Zech. 2:13)
* When life becomes too crazy – *“****Be strong*** *in the Lord, and in the power of His might.”* (Eph. 6:10)

 **The Quiet Hour** is designed to help you do these three things. It allows you to have a quiet time in a quiet place where you can have a person to person encounter with God. During this hour, you will be writing a personal letter to your God. In your own handwriting and in your own words, you will communicate with God. In turn, He will of course communicate with you through His Word from the book of Psalms. As you write, imagine yourself seeking to close the distance between you and your God **(James 4:8)**. For the next hour, allow yourself to think, to write, and to pray freely. It’s just you and your God – ENJOY!

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\_\_\_\_\_\_\_\_\_\_ **(Date)**

Dear God,

 This is \_\_\_\_\_\_\_\_\_\_ **(your name)** and I want to begin by saying I’m sorry that it has been so long since I have written. I am writing today because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(Ps. 65:4)**. It seems that in the last year, things in my life have been \_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(Ps. 61:1-2)**.

**1**

 I want to begin by thanking you for being a God who is (1) \_\_\_\_\_\_\_\_\_\_\_\_, (2) \_\_\_\_\_\_\_\_\_\_\_\_, and (3) \_\_\_\_\_\_\_\_\_\_\_\_. These things always mean the most to me during the times when I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I recently needed to be reminded of these thoughts when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Please don’t ever let me forget who you are and what you mean to me in my life **(Ps. 86:4)**.

 I also want to thank you for my own personal salvation. Thank you for \_\_\_\_\_\_\_\_\_\_\_\_ **(the place)** and for \_\_\_\_\_\_\_\_\_\_\_\_ **(the person)** that you used to bring me to this important decision. The greatest blessing of my own personal salvation is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Will you please allow me to experience and enjoy all that it means to be a genuine child of God **(Ps. 51:12)**?

 I have much to learn about life. I wish that I could be a better person as a (an) \_\_\_\_\_\_\_\_\_\_\_\_ and a (an) \_\_\_\_\_\_\_\_\_\_\_\_. I need to learn more about (1) \_\_\_\_\_\_\_\_\_\_\_\_, (2) \_\_\_\_\_\_\_\_\_\_\_\_, and how to \_\_\_\_\_\_\_\_\_\_\_\_\_. One of the areas of my life that I struggle the most with is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This struggle seems to be the greatest when I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Thank you for knowing me, and for understanding me as I really am **(Ps. 103:13-14)**. Please continue to teach me and to make me into that which you have developed and designed my life to be **(Ps. 86:11)**.

**2**

 Now there are some things that I wanted to tell you about. First of all I wanted you to know that there are some things that I have become fearful about. These include (1) \_\_\_\_\_\_\_\_\_\_\_\_, (2) \_\_\_\_\_\_\_\_\_\_\_\_, and (3) \_\_\_\_\_\_\_\_\_\_\_\_. I need to be reminded that when fears arise that you as my God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 I want you to know that I really do need you today **(Ps. 40:17; 70:5; 86:1)**. I need you because I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I need you because I get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and I need you because I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Thank you for being my God who knows me and understands me better than anyone in the whole world.

 I also need a sense of your direction in the decisions that I must make in the near future. These decisions involve (1) \_\_\_\_\_\_\_\_\_\_\_\_, (2) \_\_\_\_\_\_\_\_\_\_\_\_, and (3) \_\_\_\_\_\_\_\_\_\_\_\_. I believe you are trying to show me that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 I see the need for spiritual growth and maturity. Over the next thirty days I want to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

This year I want to see a significant change in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I realize that only you know how long I will live, but before my life ends I have a great spiritual desire to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(Ps. 90:12)**.

**3**

 Thank you for the blessing of your Word. I desire to learn more of your Word **(Ps. 119:73)**. I also have a desire to love your Word more than ever **(Ps. 119:97)**. Most of all I desire to live by your Word **(Ps. 119:17)**. One of my favorite verses in the Bible is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This verse means so much to me because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I find that I need it most during those times when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 In conclusion I wanted to tell you that I love you because \_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(Ps. 18:1)**.

 It has been good for me to spend this time telling you about some of the things that are going on my life at this time **(Ps. 73:28)**. Thank you for listening. I will talk to you again \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

With Love,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(your name)**

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 **Once you have completed your letter, take the time to read it out loud to God as a prayer. Take your time and think through each thing you have written. In so doing allow yourself to connect and communicate with your God.**

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