

A TIME TO BE QUIET (Prayer)

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A TIME TO BE QUIET (Prayer)

- In business world, people strive to talk their way to success.
- While it may be true, the more a man talks, the less he listens much less learns, King Solomon said,

“To everything there is a season, a time for every purpose under heaven: ... a time to keep silence and a time to speak.”

(Ecclesiastes 3:1,7)

A TIME TO BE QUIET (Prayer)

- **Being lost in a maze of activities,
it is becoming impossible for man
to observe silence on a regular basis.**
- **“Quiet time” means
the time spent consistently every day
in self-isolation
in a quiet and private ambience
for the purpose
of meditation of the Scriptures and prayer.**

A TIME TO BE QUIET (Prayer)

- The Psalmist unravels

the secret of prosperity:

“Blessed is the man ... his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.”

(Psalm 1:2-3)

A TIME TO BE QUIET (Prayer)

- Jesus' life was punctuated
with times of prayer.

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.”

(Mark
1:35)

- The most important relationship
one can have in this life is with God
and it is nourished and strengthened
through daily meditation and prayer.

A TIME TO BE QUIET (Prayer)

Meditation

- **Meditation of the Scriptures quintessentially means reading and quietly contemplating truth that leads to understanding God, inner strength, calm and composure by the help of His Spirit.**
- **This enables one to face trials, temptation, pressures and challenges of life, victoriously.**

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- **This is far different from what is talked about in recent times ...transcendental meditation, Yoga, breathing exercise, thought orientation, thought conditioning, self-searching, eye rotation exercise, laughing exercise, chanting, and several other strenuous and arcane methods of psychotherapy.**

A TIME TO BE QUIET (Prayer)

By reading the Bible and praying, many find:
the way of salvation,
comfort in time of loneliness,
mental relief in time of suffering,
guidance when making vital decisions,
protection in time of danger,
courage in time of fear,
peace in time of turmoil,
rest in time of weariness,
strength in time of temptation,
warning in time of indifference,
and forgiveness in time of conviction.

A TIME TO BE QUIET (Prayer)

- The central theme of the Bible is:
God's loving plan to rescue mankind.
- Bible answers life's greatest questions:
Where did I come from?
Why am I here?
Where will I go?
- It portrays what God is like – His thoughts, His plans and His promises for an individual.

A TIME TO BE QUIET (Prayer)

- The Bible is celebrated as a traveler's map, the pilgrim's staff, the pilot's compass, the soldier's sword, and the Christian's charter.
- The *Gideons International* advocate,
 “Read it to be wise,
 believe it to be safe,
 practice it to be holy.”

A TIME TO BE QUIET (Prayer)

- **Psalmist says,**
**‘Your word is a lamp to my feet
and a light for my path’ (Psalms 119:105)**
**‘it gives understanding to the simple’
(Psalms 119:130)**
- **Meditating on commandment of love,
Biblical laws and instructions of Biblical
writers, results in perfect understanding,
spiritual satisfaction and health.**

A TIME TO BE QUIET (Prayer)

- King Solomon admonishes,
“My son, give attention to my words, and incline your ear to my saying. Do not let them depart from your eyes; for they are life to those who find them and health to all their flesh.” (Proverbs 4:20-22)

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Prayer

- **Once a TV newsreader couple asked their child to pray before retiring to bed.**
- **After 2 minutes uttering a few lines, she said,
“Lord, here are the main points again.”**
- **There are adults who doubt whether God listens at all.**

A TIME TO BE QUIET (Prayer)

- **‘Prayer’ is a two-way communication -
talking to God and listening to God.**
- **There are many kinds of prayers like ...
the Lord’s Prayer, confession prayer,
intercessory prayer, invocation prayer,
prayer of supplication, thanksgiving prayer,
seasonal prayer, individual prayer,
secret prayer, family prayer, fasting prayer,
prayer of faith, and public prayer.**

A TIME TO BE QUIET (Prayer)

- There are varying forms of **postures, gestures, words, emotions** that accompany prayers.
- The charismatic Christian prayer is said with much noise.
- Congregations following 'Old-time religion', Orthodox and Catholic churches, read or repeat written prayers week after week.
- But prayer in some form is a vital part of Christian worship.

A TIME TO BE QUIET (Prayer)

- A praying man quits sinning
and a sinner quits praying.
- For those who love God above all, prayer is certainly the refreshing breath of abundant life.
- The secret of prevailing prayer is praying in secret.
- Jesus taught,
“Go into your room, and when you have shut the door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” (Matthew 6:6)

A TIME TO BE QUIET (Prayer)

- The Bible commands,

“Watch and pray always.” (Luke 21:36)

“Pray lest you fall into temptation.”

(Matthew 26:41)

“Pray ... that He sends laborers into the harvest
(of souls).” (Luke 10:2)

Pray for those in authority (1 Timothy 2:1-2)

Pray for your enemies (Luke 6:28)

A TIME TO BE QUIET (Prayer)

- A prayer should be:

- ❖ simple,

- ❖ not with many words,

- ❖ said with tenacity, importunity, intensity and confident expectation.

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- A prayer should have in-built:

- 1) adoration of God
- 2) confession of our sins
- 3) supplication of our needs
- 4) interceding for others
- 5) thanksgiving

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- **The criteria for prayers to be answered are:**
 - **purity of heart characterized by a forgiving spirit, humility, and repentance**
 - **belief that God will answer**
 - **said in Christ's name**
 - **subjected to God's will**

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- Theologian Chrysostom writes:

“The potency of prayer has subdued the strength of fire, it has bridled the rage of lions, hushed anarchy to rest, extinguished wars, appeased the elements, expelled demons, burst the chains of death, expanded the gates of heaven, assuaged disease, repelled frauds, rescued cities from destruction, stayed the sun in its course, and arrested the progress of the thunderbolt.”

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- **Chrysostom continues:**

**“Prayer is an all-sufficient panoply,
a treasure undiminished,
a mine which is never exhausted,
a sky unobscured by clouds,
a heaven unruffled by the storm.**

**It is the root, the fountain, the mother,
of a thousand blessings.”**

A TIME TO BE QUIET (Prayer)

**Observance of quiet time
will speak volumes of success
in one's life!!**

LET US PRAY