

## God's Hour of Grace

# Living the Christian Life Successfully series!

*A Bible, History, Faith, and Mission Course for New Adventist Believers*

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### Lesson 1—Life of Meditation, Prayer and Quiet time for True Believers

*How can we enjoy and be blessed by a life of meditation, prayer, and quiet time with God? In a world that is so busy and filled with noise, what are the secrets that God gives us for maintaining a joyful living connection between our souls and His? We'll find the answers to these questions by observing and learning from the blessed life of earnest believers throughout all ages of human history!*

**1. What was David's joyful experience with God like? And what does he counsel for us to do?**

(Psalm 63:1-3; 34:8)

- a. *Was David's soul hungry and thirsty for God? How thirsty?*
- b. *Why would David's lips praise God? What was God's loving kindness better than?*
- c. *David said, "\_\_\_\_\_ and see that the Lord is good" (Psalm 34:8).*
- d. *How can we have such an experience with God? To "taste and see" that the Lord is good?!*

**2. What did Abraham's son Isaac go out to do in the field towards the evening time? (See Genesis 24:63)**

- a. *He spent quiet time in thoughtful m\_\_\_\_\_ towards the evening.*
- b. *Do you think it's important for us to spend that thoughtful time in meditation and prayers to God? (this was how Isaac could keep his life in perspective and real with God).*
- c. *Having outdoor worship experiences alone with God can be very helpful to us. Prayer and Christian meditation, talking with God about the real things of life can be extremely helpful for us. In this particular Bible passage one of the large things that Isaac was concerned with was this matter of finding and taking a wife, among other things. You may have some real questions to wrestle with God about in prayer and meditation too!*
- d. ***Taking Prayer walks in the quiet evening hours and meditating with God can be a real blessing to our spiritual life with Him and a source of strength to gain wisdom for our everyday real life matters.***
- e. *Note: Christian meditation is different from the various types of Eastern meditation. Christian meditation is about thinking, reason (with God), and praying about some specific real life issues. It is very constructive, helpful, and a blessing!! Some Eastern types of meditation are about emptying the mind of all practical matters—this is not constructive or helpful to our spiritual life.*
- f. ***Remember the promise of Proverbs 3:5,6 and live by it!!***

**3. What did Jesus do in the morning to start His days? (Mark 1:35) *And in the evenings?***

(Matthew 14:22,23) \_\_\_\_\_

- a. *Note: This is where Christ found his strength and wisdom for all the activities of daily life! This is how Christ kept an open connection between His soul and the Infinite Almighty Father of Heaven and Earth! If Christ, our blessed Savior, needed this daily soul connection with the Infinite Father God, how much more do sinful and erring mortals like us need this daily connection with our Heavenly Father?!*
  - b. *And Jesus “increased in wisdom and stature, and in favor with God and man” (Luke 2:52). We may experience the same by having this daily living connection with God.*
- 4. What does the Scripture tell us about faithful men of old like Enoch, Noah, Abraham, etc.?** (Genesis 5:22,24; 6:9; James 2:23) They \_\_\_\_\_ with God.
- a. *These men left us the testimony that they “walked with God” and were even “the friends of God.” What testimony will our life bear? Will we choose to be those who “walk with God”? Will we be the “friend of God,” as was Abraham? To walk with God we must daily talk with Him, learn from Him, and walk according to His ways! We cannot be like the evil world around us who does not care about God, and who does not talk about God, and who does not pray to God, and who does not live for God at all (but rather for self). Let us be those who “walk with God,” even though the entire world around us may be going astray and not caring at all to spend time with our loving Creator God!*
- 5. Does Christ’s disciple Nathaniel give us the example of spending alone time in prayerful meditation with God?** (John 1:47,48) \_\_\_\_\_ How does Jesus comment upon his activities?
- a. *According to Jesus, this is how we can have the pure and true, heartfelt faith of Israel! Nathaniel spent quiet time under the fig tree with God, out in nature. We may and should do the same! (so that our faith may be pure and true with God)*
- 6. Did the apostles and the believers in the early church spend time in prayerful meditation with God upon the Sabbath days?** (Acts 16:13) Yes. And we may do the same. *These believers went “out of the city” away from the noise and busyness of the world, to find a place of quiet rest and prayerfulness to God! This, we may do also!*
- 7. Though the world may be running so crazy, busy, and concerned about many things, yet, what does God call us to do?** (Luke 10:38-42) *Mary chose to sit quietly at the feet of Jesus and to hear His words. She had CHOSEN this better part and we must CHOOSE the same. We must put our priorities in harmony with God’s priorities. Be a faithful and diligent worker yes, but do not be an idolater. Do not put the busy activities of life (pressing as they may be), above that necessary time of “sitting at the feet of Jesus.”*
- 8. What were the established times of worship in Israel?** (1 Chronicles 16:40) \_\_\_\_\_ and \_\_\_\_\_ We should establish the morning and evening worship times in our personal lives also, and even with our families (wherever possible).

***Is it your desire and prayerful commitment to develop and spend a life of meditation, prayer, and regular quiet time with God?\_\_\_\_\_***