

A Devotional on Quiet Times

By Wendy Cooper

I knew when Debi asked me to speak on quiet times that I might be presented with some challenges. Growing up my dad had been a pastor. Difficult times would come and they would often be related to the topic he was going to preach on. I was expecting something similar to occur.

I did not take long! I have always enjoyed my morning time with the Lord. I am usually fairly consistent. This past June, I did not plan well enough in advance for a schedule change. I had to have my girls at the pool at 6:00 am. This new schedule affected my morning quiet time. I did my best to adjust.

God is patience, understanding, loving. He isn't shaking a fist at us when we don't spend time with Him. He just misses us like we miss Him. The important thing is that we find time for Him and schedule it in. We need to learn how to avoid these types of mistakes! If you are aware you will be having a schedule change prepare in advance how to handle it when it arises. Get accountability. Prepare for summer time. When vacation time comes near, plan for it. If you get out of your routine, get back on track as soon as you're able.

Be flexible! Be creative. It is okay to have your devotions in the bathtub. God is everywhere! You can pray anywhere... It is okay to let the kids watch a video or something so you can have 30 minutes or an hour with the Lord. The important thing is that you make the relationship a priority.

Are you a Heloise, Mary Ellen or similar? Or are you more like Guy Fieri, Chef (the "Food Dude") from the "Fridays" commercials. My mom was more like Heloise. She was a great example to me in so many ways. I always saw her rising in the morning, spending time reading the word. She was a faithful example of a life committed to Him. But at times she was a bit rigid about it. She would even ask me if I had done my quiet time. We probably all have some legalism in some ways, but we might want to ease up a bit ... She was very organized. When she died I found a book of hers that she made with tips. It is one of my prized possessions. When I read the book it's like she is right there giving me household advice! How many of you ladies can say that you knew you could clean your coffee machine with ½ cup rice? Or sprinkle salt in a pan before heating to prevent splattering! Or wipe pet hair off clothes with a fabric sheet?

Maybe you tend to be more like Guy Fieri? One of his job as a chef is to travel the country, always on the go, trying different foods and flavors. Then he critiques the food and makes his recommendations on the food. Do you find you are on the go, not sure where to land with your devotions? What should you study? Is it a challenge to finish a book study? Or do you struggle with finding much time to get into the word? Do you struggle with a consistent time and/or place?

God created all of us uniquely different with many wonderful personalities. I believe God wants us all to experience more of His love. Break out and try something new. Passion for Christ should be our focus. To know Him is the most important thing. How you accomplish that is between you and God. However, here are a few thoughts: Ask God how your times with Him can improve? What distractions are hindrances? What can you do differently that would improve your relationship?

I like to have a tablet nearby that I can write down any distractions that come to mind while I am having my quiet time so that I can fully focus. Once it's written down on paper I am not thinking about it.

I often will read Scripture, study it and write them in a journal. Then I will meditate on the Scripture and see what the Lord is telling me. So many times the Lord convicts me. This is so helpful to my growth and daily living. I like the journal as I can reflect back and see what I have learned and what the Lord has been showing me about myself! The Lord leads me to these scriptures to share and there is one verse that is in the Bible twice word for word. I believe God wants us to know it! Can you guess which verse it is?

The rod of discipline give wisdom, but a child who gets his own way brings shame to his mother. Proverbs 29:15

Correct your son and he will give you comfort and He will also delight your soul. Proverbs 29:17

There is gold, and an abundance of jewels, but the lips of knowledge are more precious things. Proverbs 20:15

He who loves pleasure will become a poor man. Proverbs 21:17

Do not love sleep lest you become poor, open your eyes, and you will be satisfied with food. Proverbs 20:13

Women, do we love sleep sometimes more then the Lord?
I know I have! I want to be satisfied with His food. Then I will never be hungry....

He who goes about as a slander reveals secrets, therefore do not associate with a gossip. Proverbs 20:19

It is better to live in the corner of a roof, than in a house shared with a contentious woman. Proverbs 21:9

Every man's way is right in his own eyes, But the Lord weighs the heart. Proverbs 21:2

Ladies, what are our attitudes reflecting? Are we shining for Christ? Are our homes cleaner then our hearts? Or do we need some of Gods internal cleansing?

The verses mentioned in the Bible twice word for word are about contentious women. We all need to be careful to be kind and gracious towards our husbands. It is also found in Proverbs 25:24

Thank you for this opportunity to share my heart with you! I look forward to getting to know more of you better this coming year. Glad to be your sister and friend.

Blessings in your pursuit of Him,
Wendy Cooper