

A CHRISTIAN'S PRIMARY *Stress Reducer*

PHILIPPIANS 4 - CHURCH BIBLE PAGE #1223

- Peace does not come by accident; the Bible says it must be pursued. **Romans 14:19a**
- Jesus promised that we could have it, but it demands some active choices on our part.
- The most important choice that you will ever make is to decide to spend some quiet _____ with God every day.

Your quiet time with God must be a _____.

- We were built to _____ our day with our Creator.
- Since the very beginning, men and women have been incomplete without their daily walk with God.
 - Abraham rose early to stand before the Lord. **Genesis 19:27**
 - Jacob rose early to worship the Lord. **Genesis 28:18**
 - Moses rose early to meet the Lord. **Exodus 34:4**
 - David rose early to seek God. **Psalms 63:1**
 - Jesus rose early to pray to His Father. **Mark 1:35**

Your quiet time with God requires a _____.

1. Set a _____. **Genesis 19:27**
 - Without a definite time and place, it will be crowded right out.

2. Clear your _____. **Psalm 46:10; Philippians 4:8**
3. Open your _____.
 - This is the time to turn it all over to Him.
 - “Casting all your care upon him; for he cares for you.”
1 Peter 5:7
4. Get an assignment.
 - As you pray and read God’s Word, you are looking for something to _____ today, not just something to know.
5. Set your _____.
 - Think through the events and people that will be filling your day. Pray through each of them in advance.

Your quiet time with God involves recognizing His _____. **1 Thessalonians 5:17**

- You must recognize His presence all of the time.
 - In your _____ moments
 - In your _____ moments
 - In your surprising moments
 - In your _____ moments
 - In your _____ moments

When you are connecting with God every day, it provides a _____ to your heart that cannot be explained.