

Lord, Quiet My Heart in You

Key Scripture

"Be still before the Lord, and wait patiently for Him."

Psalm 37:7 (NIV)

Today's Portion for the Journey:

In 1932, O. Hallesby wrote a wonderful book called "Under His Wings." Even in that day, he saw, "To be still before the LORD is faith's greatest and most difficult accomplishment. There are so many things which would disturb that holy stillness. The world is ever restless. But more so now than ever. Certainly there has never been a time in the history of the world such a noisy and restless generation as ours. The cry is: "faster, faster,--on and on sea, over the earth and under the waters! The heart of man is ever restless. ... It seems as though men fear stillness and solitude. They appear to have entered into a tacit agreement to help one another to avoid stillness....one is tempted to ask if there has been at any time in these past nineteen centuries a generation of Christians as noisy and turbulent as ours. There was a time when the people of God were called "the quiet in the land"... His voice cannot be heard unless one permits one's self to be drawn into quietude. Seek stillness! Seek the secret place of prayer. Seek to enter therein oftener than you have done."

*"My soul waits in silence for God only;
From Him is my salvation, He only is my rock and my salvation
My stronghold, I shall not be greatly shaken." Ps. 62:5*

"And the effect of righteousness will be peace [internal and external], and the result of righteousness will be quietness and confident trust forever. My people shall dwell in a peaceable habitation, in safe dwellings, and in quiet resting-places." Isaiah 32:17-18 (AMP)

*"God spoke to me and said, 'Sit still, my daughter, the apple of my eye,
waiting as long as it takes until you learn
(know, perceive, understand, discern, and distinguish
as truth), how the matter, the thing, question or cause will turn out,
because surely the Man Christ Jesus, your Kinsman Redeemer,
will not by any means be idle or silent or have peace
until He finishes His purposes, working until the job is done.'"
Paraphrase of Ruth 3:18 NKJV by Sylvia Gunter*

God's call to still my heart before Him and come into this quiet resting place where His still small voice may be heard stirs a deep resonance within my spirit, to lay aside all of my worries, anxieties, all of my ceaseless activities and to simply draw near to the LORD. Yet as much as our hearts long for it, it much harder to put into practice. The enemy uses every tactic that he can to keep us from this quiet time with the LORD. Distractions, fatigue and our entanglements in

this world all conspire together to keep us from entering the Holy of Holies and spending time with the LORD.

Beware of counterfeits! There are many teachings in the church today that answer that call we feel in our hearts for quiet, yet they are based on Eastern religion's methods of meditation and contemplation. They are a counterfeit and must be carefully avoided. Those teachings train a person to not only draw into a quiet place but to seek to empty the mind as well as the body. Often, to do this they will repeat a word or phrase. This is NOT sound teaching or true contemplation in the LORD and can in fact be very dangerous! God always directs His children to be alert, to discern and never to enter into a passive state. In this lesson, we are going to respond to God's call to quiet ourselves before Him, and seek to determine **from His Word** how one is to accomplish this purpose. God never ever calls us to empty our minds!! He calls us to lay aside worry, fear, anxiety, cares, even our work, in order to focus on Him, but He wants us to love Him with all of our heart, mind, soul and spirit.

Digging Deeper in the Word

1. Meditate on the following verses related to being still before the Lord. Take your time with each verse and ask Him to work His quietness and rest in your heart. He may bring other verses to your mind as well. Ex. 14:13-14; Ex. 33:21; 1 Sam. 12:16; Job 37:14; 2 Chron. 20:17; Ps. 37:7; Ps. 46:10; Zech. 2:13; Mark 4:39; Hab. 2:20; 1 Kings 19:12

2. Psalm 37 is a wonderful prescription for achieving stillness of heart! Read this chapter and make a list of the directions the LORD gives us for having a quiet heart that is at peace and resting in Him. Are there any themes in this passage that are repeated more than one time? Remember, when the LORD repeats Himself, it is for emphasis, so pay attention!! How do we "commit our way" to the LORD?

2. The New International version uses the phrase "Be still" while most other versions have chosen to translate this word as "rest." What do these two words mean to you on a practical level? How can we learn to be still in the presence of the LORD? There are those who are of false religions who seek to empty their minds of all thoughts in order to "be still." Many Christians believe that this is how one is "still" in the presence of the LORD, but God never calls us to passivity nor does He ask us ever to abandon our intellect in order to draw near to Him.

3. Ps. 46:10 says, "Be still, and know [to know for certain, clearly understand, recognize, be acquainted with as an intimate friend] that I am God" or in the New American Standard, it says, "Cease striving, and know that I am God." Striving carries the concept of strenuous activity and heavy labor. This verse means literally, to stop striving, let go, surrender. In the Hebrew the word "cease" is Strong's #7503, "raphē" which means to sink, or relax, to abandon, become helpless, cease, let your hands fall limp." This word is closely related to the word "raphē" which means to heal, stitch, mend or make thoroughly whole." We can only truly stop striving when we know for certain that He is God and can accomplish all that we need and entrust to Him. Jesus has called us to take upon ourselves His yoke which is easy and His burden which is light. God wants us to enter His rest! He wants us to cease striving to move those mountains of obstacles and hindrances by our own strength and to allow His Spirit to work for us as we pray

and trust Him. He wants us to cease striving so He can heal us! In what ways do you see yourself as "striving?" How can you "cease striving" in these areas, and commit those things to the LORD? Matt. 11:30 Amp

4. The story of Mary and Martha is a wonderful example of how one woman responded to the call to quiet and how one woman became absorbed in ministry and missed the "one thing needful." Let us take some time to study this passage very carefully. Turn to Luke 10:38-42 and read this account. Now, let us look at some of the ways in which Martha was missing Jesus, even though He was seated in her own home!

- **Distracted:** (Strong's #4049) This word "Perispao, means to draw away, to be cumbered, to be driven about mentally, to be over occupied, too busy about a thing, to be burdened, to be drawn about in different directions, hither and thither, to drag around in circles. Does this definition describe how you feel many times? Do you find that these distractions affect your ability to be quiet and still during your times of prayer and Bible study?
- **Worried:** (Strong's #3309) to be full of troubles or cares, to be full of anxiety. To draw in different directions. Anxiety or cares so severe as to bring a disruption to the mind and personality. Have you ever been so worried or anxious about something that you just aren't yourself? How does this kind of worry affect our ability to hear and receive from the LORD?
- **Bothered:** (Strong's #5182) "turbazo" comes from the word "turbe" from which we get the word "tumult", noise, uproar, to disturb, or stir up in the mind. The opposite of this word is "to be still, to be at peace, to relax!

What does the Word say about this state of mind? (Hint: Luke 8:14; 1 Cor. 7:32-35; Phil 4:6; Matt. 6:25-33; 1 Peter 5:7) From these verses that you have read, do you feel that worry and anxiety is a detriment to being able to receive from the LORD? Can you see how worry and concerns are actually a sin or insult to the LORD's promise to keep and care for us?

5. Now read this passage in Luke 10:38-42 again and focus on Mary and her choices this time. What characteristics do you see in Mary's behavior? How did Mary avoid falling into the same trap as Martha? What was the part that Mary chose, for which Jesus commended her?

What the Lord is speaking to my heart?

I find that there are times when my anxious thoughts overwhelm me! There are other times when I don't even know what those nagging things are that afflict my mind and steal my peace. I have found that if I find a quiet place and ask the LORD to show me, and then begin to write down the things that are "bothering me" I can see them more clearly. I write it all down, the big things and the little things! Do I have sin that needs to be confessed? Is there someone that I need to forgive? Something that is causing me anxiety, that I need to pray about and give to the LORD? Is there something the enemy is accusing me of that needs to be brought into the light so the enemy can be put to silence? Is there someone's name who just keeps coming to the

surface of my mind...maybe they need prayer!! Making the list helps so much, because then it becomes my prayer list, to be taken to the LORD so He can help me find my way through it all!

My Response to the Lord Bring each and everything to the LORD!! Allow His peace to replace the anxiety and stress that this world tries to heap upon us!!