

LIFE Huddle: *Getting together to talk through issues of life*

Spiritual Growth 101, Part 1

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" – Psalm 46:10

What exactly is a habit? It's an acquired behavior pattern that's regularly followed until it has become almost involuntary or second nature. You don't really think about it; you just do it (*i.e. biting your nails, cracking your knuckles, tapping your pencil, etc.*). The reason establishing this particular habit of a quiet time is so crucial is because habits are like machines; they consistently turn out the same product. Think about it in your own life. It's not what you've done occasionally that really makes a difference; it's what you've done consistently. That's why if you have a certain "bad" habit, it can be a challenge to move beyond it.

What is a "Quiet Time"? Quiet time refers to intentionally keeping a daily appointment with God. Jesus did this numerous times in the Gospels, sometimes slipping away all night or in the early morning, to spend time with the Father. This is how Jesus kept his spiritual antennas tuned to the right frequency.

During our quiet time, we may sing songs of praise, pray, read Scripture or a daily devotion, meditate on God's Word, or simply be still and listen. Regardless of what you do during your quiet time, the aim is to shut out as much interference as possible, so that you're able to "hear" from God.

When it comes to the spiritual discipline of establishing a quiet time, I need to be very clear: this practice cannot save you (Jesus Saves), it does not make you a holy person (God by His Spirit does that) & it won't win you any heavenly brownie points. Some of the benefits of a having a quiet time are:

1. The ability to develop intimacy (*which usually leads to greater appreciation for God because you get to know Him via His character and not so much for what He can or has done for you*).
2. A heightened desire, awareness, and love of God by having the barriers (*whether they're ones we put up or if they're barriers others have put up*) stripped down.
3. Contextualization for the cares of life (*i.e. gaining an eternal perspective*).
4. God uses it to mold us into Agents of Christlikeness.
5. A means through which you're able to keep your heart right toward God (*any relationship, business or personal, where the communication/interaction is infrequent, it's only a matter of time before that relationship starts to slowly unravel*).

P2R (Point 2 Remember): Regular time with God is fuel for your life. You feed your body, why starve your spirit?

LIFE Huddle: #Living Sold Out November 11, 2016