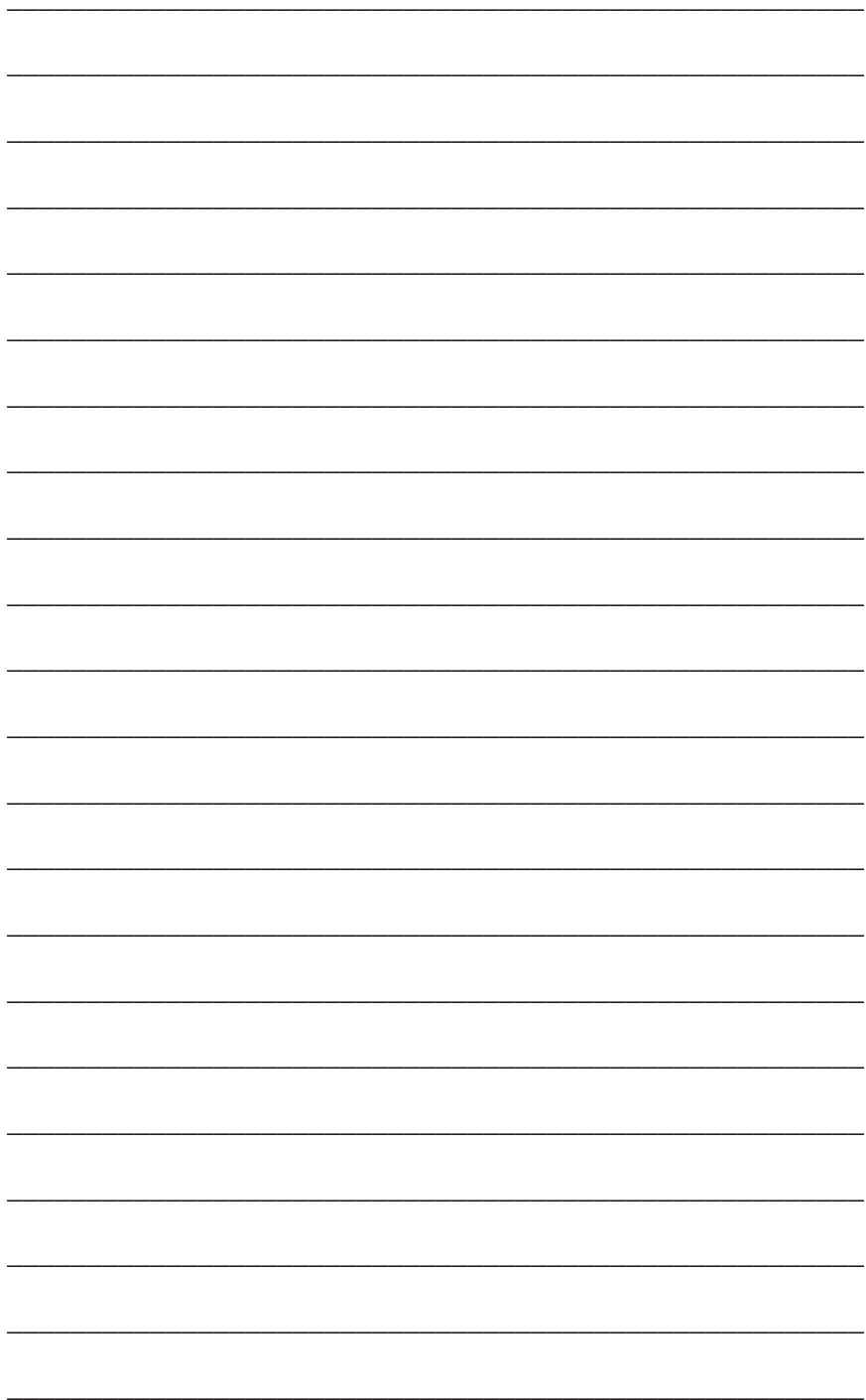




QUIET TIME

Journey
CHURCH

Pastor James Greer
2900 Donahue Ferry Rd
Pineville, LA 71360
318-640-1273 | www.jcpineville.com



Step #1 Be Still!

Psalm 46:10-11 NKJV

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts is with us; The God of Jacob is our refuge. Selah

Psalm 46:10-11 CEV

Our God says, "Calm down, and learn that I am God! All nations on earth will honor me." The LORD All-Powerful is with us. The God of Jacob is our fortress.

a) Help me to be still long enough that I can know that you are the God over all nations' and the LORD of host is with me!

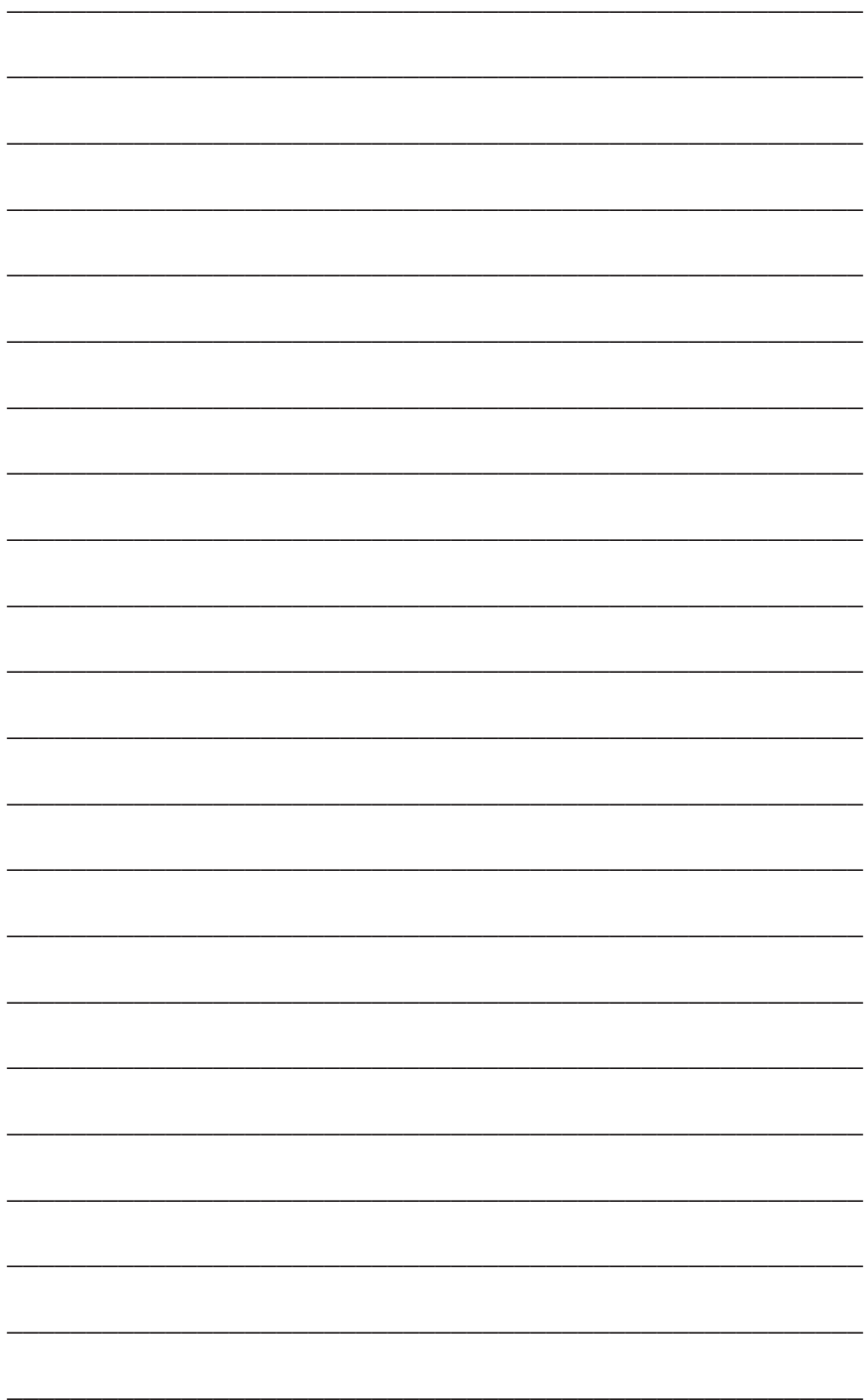
b) The LORD of host is the All-Powerful one!

Example

1 Samuel 17:45 NKJV

Then David said to the Philistine, "You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied.

a) God wants us to be still long enough we can realize the same LORD of hosts that was with David when David killed Goliath is the same LORD of host that with you and wants to kill that greatest enemy in your life.



Step #2 Ask God To Search Your Heart for ANY wicked ways, thoughts, or actions that you need to confess?

Psalms 139:23-24 KJV

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

1

Is there a sin I need to confess? It might have been in the past that I never dealt with.

2

Is there a promise I need to claim? Am I trying to control too many things that now causing me to worry? I really need to claim a promise and give it to God.

3

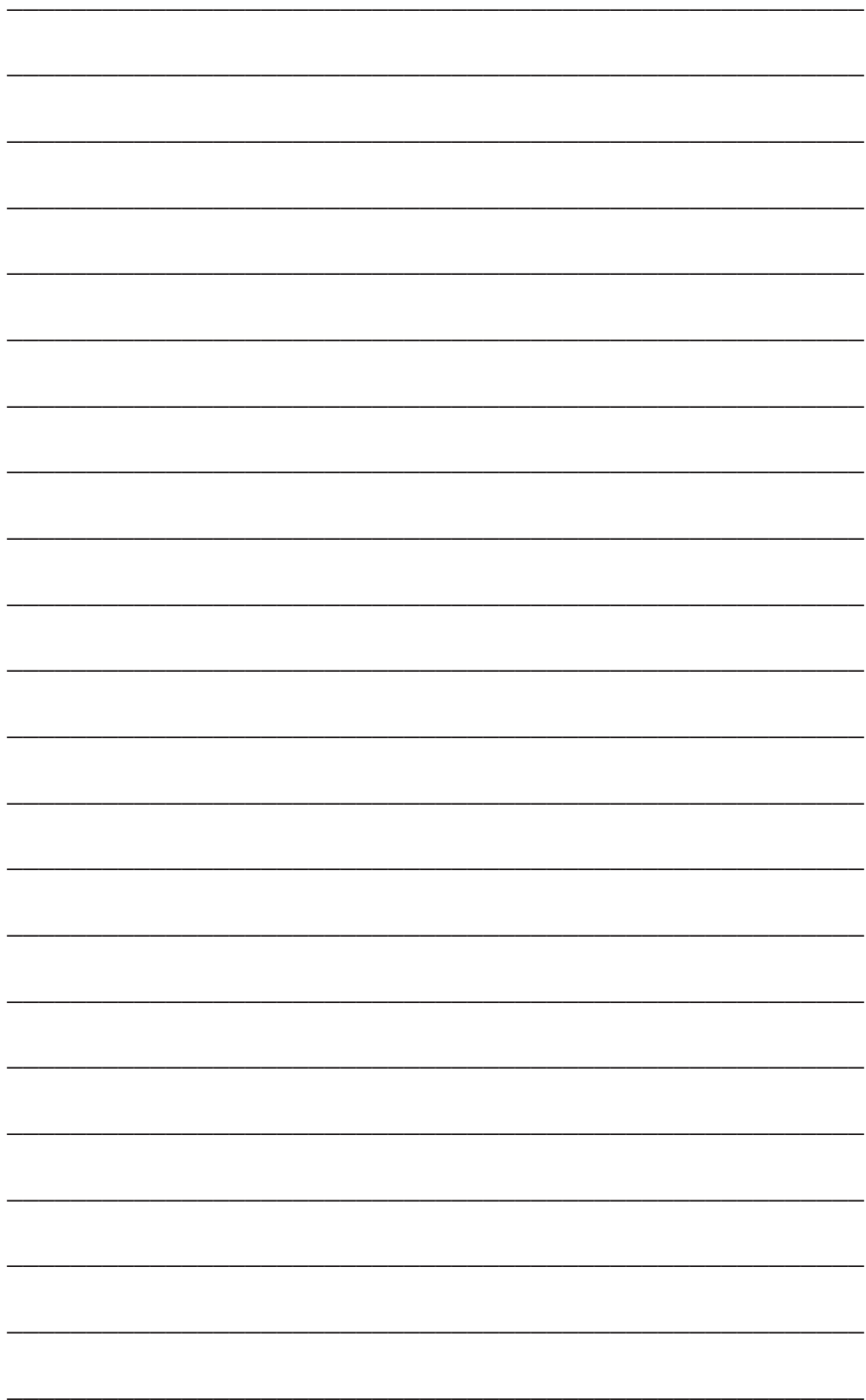
Is there a person I need to forgive? This can include self, but also someone in the past!

4

Is there someone you needed to be encouraging but you have not?

5

Is there something in your past that you have not ever dealt with and today you need God to help to deal with it and move forward.



Step #3 Enjoy you time of refreshing!

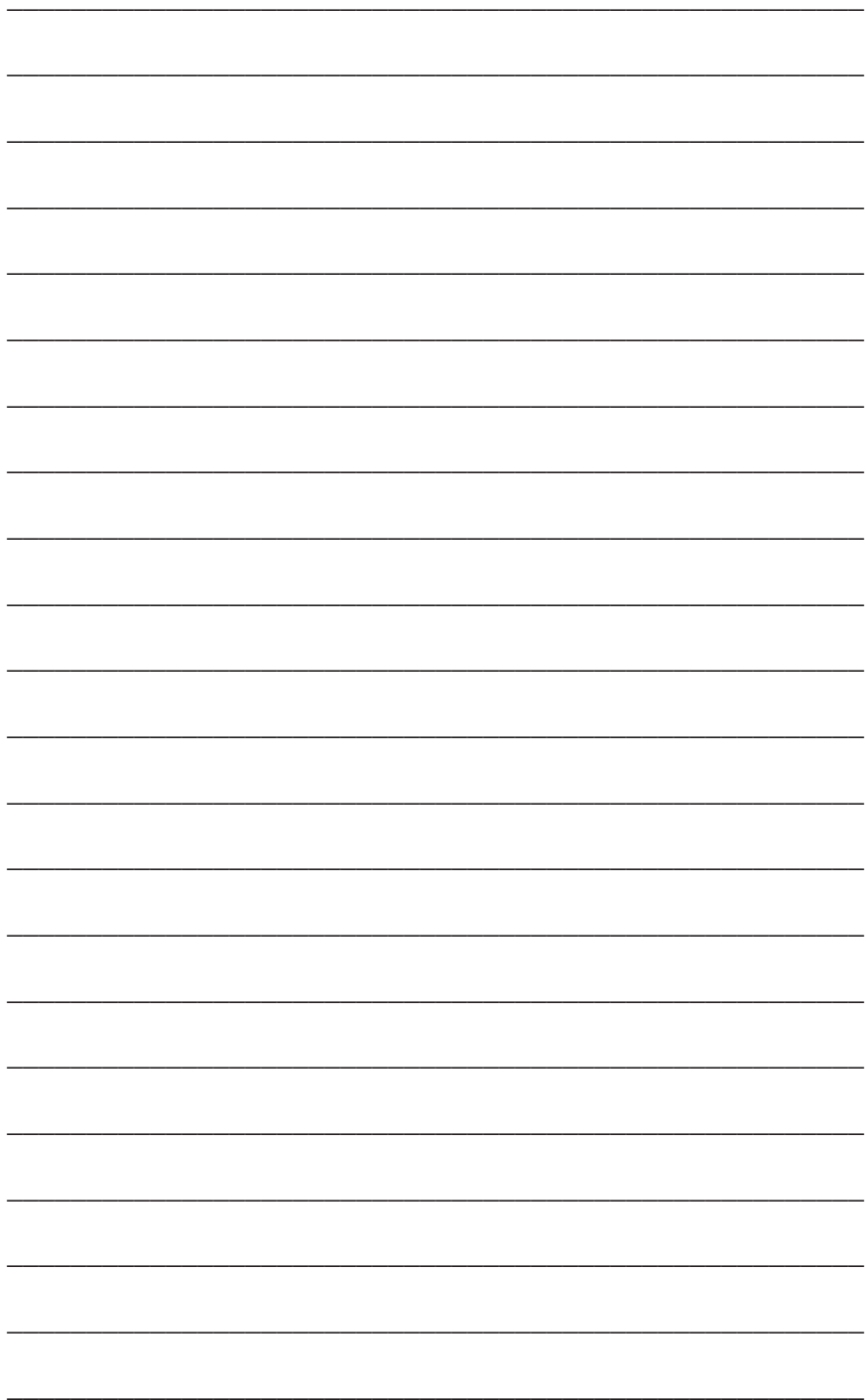
Psalm 34:8 NKJV

Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!

Acts 3:19 NKJV

Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Read and Personalize

Example

Psalm 51:1-2 NKJV

1 Have mercy upon **James** me, O God, According to Your loving-kindness; According to the multitude of Your tender mercies, Blot out my **James** transgressions.

2 Wash me (James) thoroughly from **James** My iniquity, And cleanse me from my sin.

Psalm 51:1-17 NKJV

1

Have mercy upon _____, O God, According to Your loving-kindness; According to the multitude of Your tender mercies, Blot out my _____ transgressions.

2

Wash me _____ thoroughly from my _____ iniquity, and cleanse me _____ from my _____ sin.

3

For I _____ acknowledge my _____ transgressions, And my _____ sin is always before _____ me.

4

Against You, You only, have _____ I sinned, And done this evil in Your sight-- That You may be found just when You speak, And blameless when You judge.

5

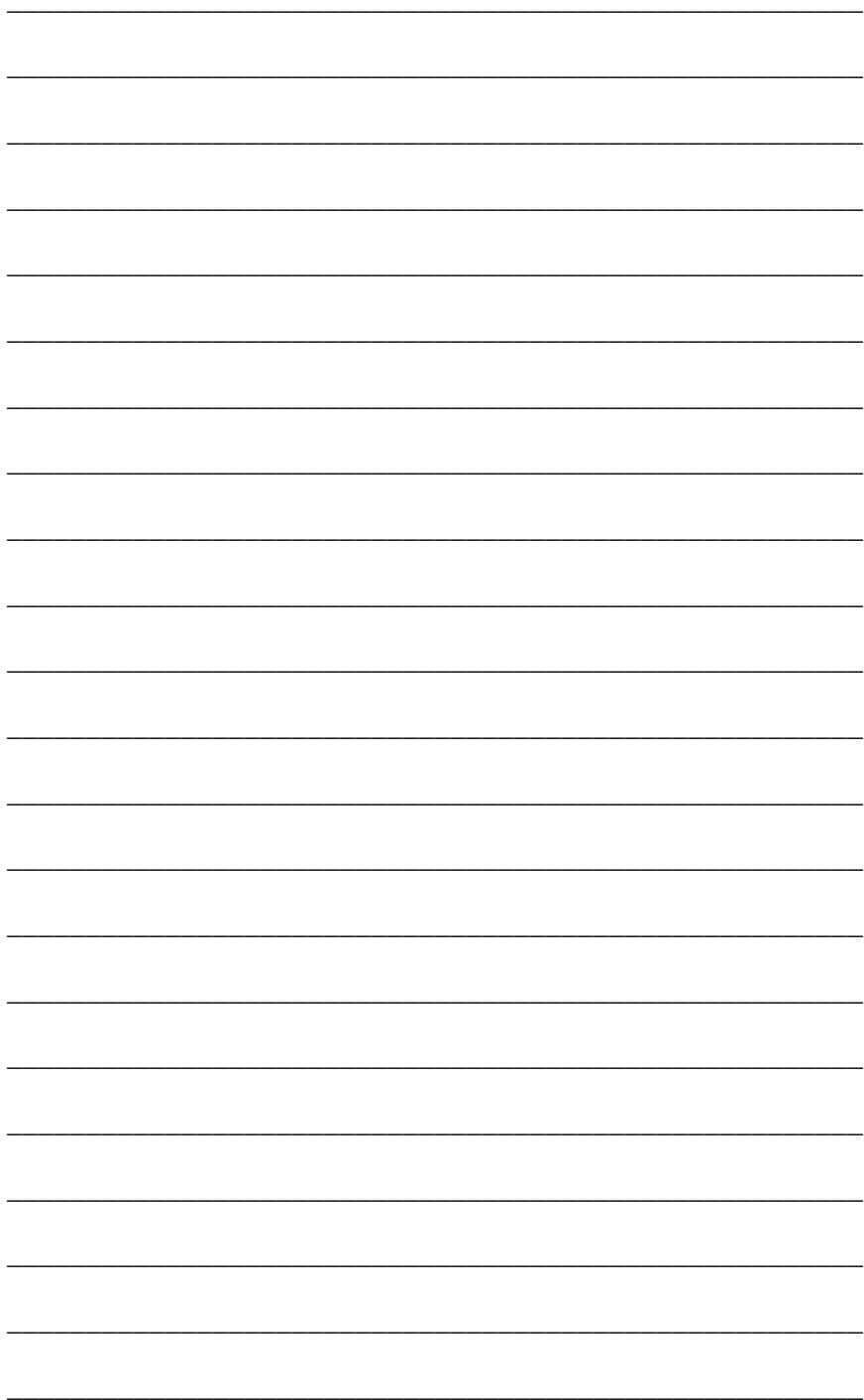
Behold, I _____ was brought forth in iniquity, And in sin my mother conceived _____ me.

6

Behold, You desire truth in the inward parts, And in the hidden part You will make me _____ to know wisdom.

7

Purge me _____ with hyssop, and I _____ shall be clean; Wash _____ me, and _____ I shall be whiter than snow.



8

Make me _____ hear joy and gladness, That the bones You have broken may rejoice.

9

Hide Your face from my _____ sins, And blot out all _____ my iniquities.

10

Create in _____ me a clean heart, O God, And renew a steadfast spirit within _____ me.

11

Do not cast _____ me away from Your presence, And do not take Your Holy Spirit from _____ me.

12

Restore to me _____ the joy of Your salvation, And uphold _____ me by Your generous Spirit.

13

Then I _____ will teach transgressors Your ways, And sinners shall be converted to You.

14

Deliver _____ me from the guilt of bloodshed, O God, The God of _____ my salvation, And _____ my tongue shall sing aloud of Your righteousness.

15

O Lord, open _____ my lips, And _____ my mouth shall show forth Your praise.

16

For You do not desire sacrifice, or else _____ I would give it; You do not delight in burnt offering.

17

The sacrifices of God are a broken spirit, A broken and a contrite heart-- These, O God, You will not despise.

SPIRITUAL CHECKLIST

- ☐ Are you reading the Word of God? (*Joshua 1:8*)
- ☐ Are you standing in obedience on the promise? (*Joshua 1:8*)
- ☐ Are you proclaiming God's promises of faith? (*Joshua 1:8*)
- ☐ Have you repented of all known sin in your life? (*Isaiah 55:7*)
- ☐ Have forgiven everyone who may have offended you? (*Matthew 6:14-15*)
- ☐ Are you tithing on your first fruits? (*Proverbs 3:9; Mal. 3:9-10*) Have
- ☐ you asked God for what you need? (*1 Timothy 5:5*)
- ☐ Do you trust God to take you through the problem and into your provision? (*Psalms 78:7; Prov. 5:6*)
- ☐ Are you praising Him while you are in the problem? (*Exodus 15:2; Psalm 7:17*)
- ☐ Are you ready to let God choose what His best is for you? (*Psalms 47:2-4; Joshua 24:15*)
- ☐ Are you ready to stop rebelling, complaining, and griping? (*1 Samuel 15:23; Deuteronomy 9:7*)
- ☐ Are you reading and looking at things you should not?
- ☐ Have you learned to submit to those over you?
- ☐ Husbands are you loving your wife like Christ loved the Church? Wives: are you showing respect & honor to your husband? *Eph 5:25*
- ☐ Is there fruit in your life? (How's your fruit life?)

"Our Problem Can Never Be Greater Than Our Provider?"

Action Steps to shorten your stay when in a problem.

1. Acknowledge the problem.
2. Take responsibility.
3. Be willing to work.
4. When you are wrong, admit it.
5. Forgive.
6. Control your tongue.
7. Get off your pity pot.

