

## How to have a quiet time - *Psalm 1*

Dr. Byron Morgan

### **How To have a Quiet Time**

#### **Paul Adams**

Work, family, God were his priorities (it happens even to successful business men).

How am i going to revive my relationship?

40 days ... Power Therman

Meditate on the word day and night - **BE CONSISTENT!**

Does his first thing when he gets into the office.

How do I make application to my work and live what I'm learning in the morning?

Key is to be dependent on God and disciplined.

Put your self in a position to grow

#### **Buddy Dithardt**

Listens to Christian sermon on the way in to work.

Rest of quiet time is done first thing - typically over what he's teaching that Sunday.

#### **Pete Lawrence**

Memorizes scripture throughout the day.

"Remember me" phone app.

Reads through bible in a year using different translations.

Blueletterbible.org for Bible study.

Basically he's built a library.

He uses first thing in work to pray for people.

## Debbie Morgan

Reads daily devotions (11) that she varies through.

- Our daily bread
- Max Lucado
- Streams in the Desert

*God doesn't speaking to her every time*

Quiet of time is different than (big) prayer time. This is where you personally get with Him.

You have to make time for that!

If the same verse keeps coming to her repeatedly.

Anticipate the quiet time!

## Intro

- This is a lyrical Psalm
- After the proclamation of God's truth they would sing a song

"God's greatest hits"

In our culture poetry rymns phonetically - in the hebrew culture it rymns logically. It's poetry that's not confined to a langugae!

**Parallelism** 2 statements where the latter builds on the prior

*Psalm 1* It is a call to a daily communion with God!

This is a formula for a Christian to be blessed!

## The Character and Attitude of the Godly

"blessed" "asre"

happy or joyful that comes to a person once bestowed with a favor from the superior.

We must resist the thinking of the world.

*Psalm 1:1*

A Godly person is not affected by the attitude, thought pattern of the world.. He doesn't even causually consider the thoughts of the world.

*OH THE JOY OF THE ONE WHO DOESN'T EVEN CASUALLY CONSIDER THE THOUGHTS AND VALUES OF THE WORLD*

"walk" a term suggesting

**“counsel”** comes from the hebre word that means a definite firm planned  
definite

**“stand”** idea of coming and taking one’s stand

**"path"** a marked out path a certain and precise way of life

Imagine coming to a window that shows something that you’re attracted to. You first pass by, then stop and consider, and then go in and think.

A bad example: Lot. He moved towards Sodom, pitched his tent near Sodom, and eventually moved into Sodom.

It begins with thoughts of “That sounds right to me”.

*2 Chronicles 22:3*

## The means to experience that happiness

*Psalms 1:2*

What do I do to have happiness?

1. He hungers for God’s declaration

He has a sense of urgency for God’s truth.

If your diving and you lose your oxygen tank then you would swim to someone that has oxygen and tell them in desparity that you need air.

We live in a world with air we cannot breathe! We breath the oxygen of God’s word.

There’s nothing deliting in mediating on dos and don’s.

**“law”** “torah” to guide, instruct, to regulate.

You can’t take away the dos and donts of scripture! You must consider them in the context in which they were given.

One of the blessings of this is strength in the midst of life’s trials.

How do I delight in the Word? We delight in food - we should crave as a baby for the word of God (1 Peter 2:2). (Hebrews 6) - you aught to be craving steaks but you’re still drinking milk.

Why do some people have a good appetite and others don’t? “This book will keep you from sin, and this sin will keep you from this book?”

You should be praying “LORD! INCREASE MY APPETITE!”

You don’t read the letters of other people because you don’t know them!

“I put my identity in what Christ says, who He thinks I am and who I know that He says I am.” - Trevor Lawrence

**“meditate”** To wisper, to utter, to read in an undertone.

often used in the context of animals. Cattle lowing, pigeon cooing (constantly)

Is there any sin for me to avoid? Is there any promise for my clan Is there any Victory to gain? Blessings I can enjoy? Is there any truth I have never seen What is the main thing I can learn?

## How to remain constant

*Psalm 1:3*

This person avoids the adversaries destruction.

God is often more concerned with who a person is than what they do.

Doing naturally follows from planting.

1. Planted - fortified, stable, rooted, solid and strong
2. Fruitful - production naturally follows being planted and growing
3. Unwithered - even during days of difficulty, the tree-like soul and undaunted

We may be in the desert then you'll be like a tree that is planted by a river!

Qualities of a wicked man

1. He is driven
2. He is doomed

*Hosea 4* my people are destroyed for a lack of knowledge.

## Application

1. How am I growing?
2. How would I grade my personal quiet time?
3. Do I long to hear from God?