

## Growing Pains

"Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true."

acts 17:11 (NIV)

"God wants us to grow up..." Ephesians 4:15a (Message)

### What is a Quiet Time?

- Time spent with God in...
  - **Bible Study**
  - **Prayer**
  - **Worship**

### Quiet Times In Scripture?

- **Daniel:**

"Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before."

daniel 6:10 (NIV)

- **David**

"How I delight in your commands! How I love them! I honor and love your commands. I meditate on your principles."

psalm 119:47-48 (NLT)

- **Jesus**

"While it was still night, way before dawn, he got up and went out to a secluded spot and prayed.

mark 1:35 (Message)

### How To Pray

- **Praise**
- **Repentance**
- **Action**
- **Your Friends, Family**

"if my people, who are called by my name, will humble themselves and pray..."

2 chronicles 7:14 (NIV)

Praise:

"The LORD is my strength and my song; he has become my salvation.  
He is my God, and I will praise him, my father's God, and I will exalt him."  
exodus 15:2 (NIV)

Repentance

"And now, Israel, what does the LORD your God require of you? He requires you to fear him, to live according to his will, to love and worship him with all your heart and soul, and to obey the LORD's commands and laws that I am giving you today for your own good. The highest heavens and the earth and everything in it all belong to the LORD your God.  
Yet the LORD chose your ancestors as the objects of his love. And he chose you, their descendants, above every other nation, as is evident today. Therefore, cleanse your sinful hearts and stop being stubborn.  
deuteronomy 10:12-16 (NLT)

Action

"O God, do not keep silent; be not quiet, O God, be not still."  
psalm 83:1 (NIV)

Your Friends, Family

Disciples prayed for Peter (acts 12)  
Mary and Martha prayed for Lazarus (john 11)

Worship

- **Corporate**

"Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching."  
ebrews 10:25 (NIV)

- **Private**

"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus

will shift from you to God, and you will begin to sense his grace."

Matthew 6:6 (Message)

#### Closing Thought

The problem: we think we don't **need God**.

The solution: **humility**.