

Quiet Rest

A PERSONAL PRAYER RETREAT

only in returning to me and
RESTING
will you be saved.

in **QUIETNESS**
and confidence is your
STRENGTH.

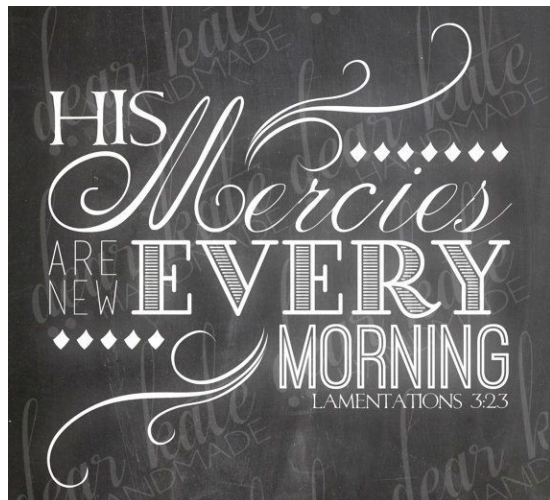
Isaiah 30:15

Pursuing Quiet Rest

There is a place of quiet rest
 near to the heart of God,
 A place where sin cannot molest
 near to the heart of God.
 O Jesus, blessed redeemer,
 sent from the heart of God,
 Hold us who wait before Thee,
 near to the heart of God.

Cleland B. McAfee

My Words of Prayer



**The process for prayer of Solitude, Silence, Listen, Meditate, Ask comes from The Way to Pray (a letter to his barber) by Martin Luther.*

Words to Ponder

Psalm 145:14-18

The LORD upholds all who are falling
and raises up all who are bowed down.

The eyes of all look to You,
and you give them their food in due season.

You open Your hand;
You satisfy the desire of every living thing.

The LORD is righteous in all his ways
and kind in all his works.

The LORD is near to all who call on him,
to all who call on him in truth.



Pursuing Quiet Rest

*SOLITUDE

After He had dismissed the crowds, He went up on the mountain
by Himself to pray. Matthew 14:23

Even Jesus pursued the renewal found in solitude with His Father.
BD

*“Cause my heart to set aside every distraction
and focus on You alone.”*

_____ Find a solitary place.

*SILENCE

Be still, and know that I am God. Ps. 46:10 (also Zeph 1:7)

To be silent does not mean to be inactive; rather it means to
breathe in the will of God, to listen attentively and be ready to
obey. *Meditating on the Word* - Bonhoffer

“Creator God, I welcome Your Spirit to quiet my soul.”

_____ Pursue quietness.

_____ Sit in silence for several minutes.

RESOURCE IDEAS:

In an effort to “bring every thought captive” and set aside
distractions, put intrusive thoughts on a list to think about later.

Worry List
Project List
Wish List
Contact List
To Do List

Watch for other disrupters:

Pursuing Quiet Rest

*LISTEN

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. John 15:7

We are to pray only for what God has promised. - John Owen

"Remind me of what Your Word tells me."

___ Read one passage several times - slowly.

Resource Ideas:

Read your chosen passage in different versions.

Write the passage in phrases, using your own words.

Personalize The Lord's Prayer - Matthew 6

Ponder The Prayer of our Advocate - John 17

*MEDITATE (on who God is and then on who I am)

I will meditate on all Your words and consider all Your mighty deeds. Ps 77:12

The Hebrew word for meditate = mutter

Think out loud as you list what God has done.

*Bring my focus to the truth of who You are
and how that influences specific parts of life.*

___ Recount past provisions

___ Recall His enabling

___ Reminisce about His fulfilled promises

___ Remember people who represented Him well

___ Recite His faithful Word

Resource Ideas:

Journal your redemption story.

List monumental events when His intervention was most obvious.

Write Scriptures that have strengthened and guided you.

Words to Ponder

He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6:8

I would appeal to God; I would lay my cause before Him.
He performs wonders that cannot be fathomed,
miracles that cannot be counted. Job 5:8-9

Psalm 107

He ... led them by a straight way
satisfies the longing soul,
and the hungry soul he fills with good things.
brought them out of darkness and the shadow of death,
and burst their bonds apart.
shatters the doors of bronze
and cuts in two the bars of iron.
sent out his word and healed them,
and delivered them from their destruction.
made the storm be still,
and the waves of the sea were hushed.
brought them to their desired haven.
turns rivers into a desert,
springs of water into thirsty ground,
turns a desert into pools of water,
a parched land into springs of water.
raises up the needy out of affliction
and makes their families like flocks.

Whoever is wise, let him attend to these things;
let them consider the steadfast love of the Lord.



Words to Ponder

*Deep unto deep, O Lord, crieth in me,
Gathering strength I come, Lord, unto Thee.
Jesus of Calvary, smitten for me,
Ask what Thou wilt, but give Love to me.*

*That which I know not,
Teach Thou me, O Lord, my God.
IF by Amy Carmichael*

O God, I have tasted thy goodness, and
it has both satisfied me and made me thirsty for more.
I am painfully conscious of my need of further grace.

I am ashamed of my lack of desire.
O God, the Triune God, I want to want Thee;
I long to be filled with longing;
I thirst to be made more thirsty still.

Show me Thy glory, I pray Thee,
so that I may know Thee indeed.
Begin in mercy a new work of love within me.

Say to my soul,
"Rise up, my love, my fair one, and come away."
Then give me grace to rise and follow Thee up from this misty
lowland where I have wandered so long.

In Jesus' Name, Amen.
The Pursuit of God by A.W. Tozar

We...take every thought captive to obey Christ. II Cor 10:5

Let us then with confidence
draw near to the throne of grace,
that we may receive mercy and
find grace to help in time of need. Hebrews 4:16

Pursuing Quiet Rest

You desire truth in the inward parts. Ps 51:6

Trust deepens when I pray with honest emotion and authenticity.

Give me wisdom to know the condition of my heart.

- ___ Evaluate: Is Jesus increasing & self decreasing? Do I wear masks?
- ___ Identify & Acknowledge: In this area I lack the mind of Christ...
- ___ Confess: My love for You is weak. My desires are ruling.
- ___ Receive: forgiveness & restoration I John 1:9, I Samuel 12:20

Resource Ideas:

Review the Fruit of the Spirit from Galatians 5.

Review evaluation tools found in Psalm 15 and James 3:17, 18

Ponder songs, poems, and prayers which resonate with your own
heart condition and processes.

*ASK

The Spirit helps us in our weakness. We do not know how we ought
to pray, but the Spirit Himself intercedes for us with groans that
words cannot express. And He who searches our hearts knows the
mind of the Spirit, because the Spirit intercedes for the saints in
accordance with God's will. Romans 8:26-27

When we rest in His will, we are no longer weighed down by our
own will, no longer limited by our finite imaginations and our small,
humanly concocted solutions; we are no longer restricted by
options found only in the physical realm. His peace guards and
guides us when we live in the freedom of His will. BD

*What will bring You glory, Lord?
What pleases You, Father?
Spirit of God, direct my prayers.*

- ___ Preface requests with *Your will be done ...*
- ___ Tie requests to His attributes. *Because you are love, I ask ...*
- ___ Ask the Spirit of God to anchor my mind and heart in His
peace so that I will continue to release every matter into His care ...

Songs for Prayer Days

Trust In You - Lauren Dingle

Letting go of every single dream,
 I lay each one down at your feet
 Every moment of my wandering
 Never changes what you see
 I try to win this war, I confess,
 my hands are weary, I need your rest
 Mighty warrior, king of the fight,
 No matter what I face you're by my side
 When you don't move the mountains I'm needing you to move
 When you don't part the waters I wish I could walk through
 When you don't give the answers As I cry out to you
 I will trust, I will trust, I will trust in you
 Truth is you know what tomorrow brings
 There's not a day ahead you have not seen
 So in all things be my life and breath
 I want what you want Lord and nothing less

Whate'er my God Ordains is Right - Samuel Rodigast

Whate'er my God ordains is right: Here shall my stand be taken;
 Though sorrow, need, or death be mine, Yet I am not forsaken.
 My Father's care is round me there; He holds me that I shall not
 fall: And so to Him I leave it all.

He's Been Faithful - Damaris Carbaugh

In my moments of fear, Through every pain, every tear
 There's a God who's been faithful to me.
 When my strength was all gone, When my heart had no song
 Still in love He's proved faithful to me.
 Every word He's promised is true
 What I thought was impossible I see my God do.

I am not Skilled to Understand - Aaron Shust

I am not skilled to understand what God hath willed, what God
 hath planned; I only know at His right hand stands One who is
 my Savior.

Open the Eyes of my Heart - Michael W. Smith

Open the eyes of my heart, Lord. Open the eyes of my heart. I
 want to see You. I want to see You.

Songs for Prayer Days

Jesus Paid it all - Kristian Stanfill

I can hear my Savior say, "Thy strength indeed is small. child
 of weakness, watch and pray. Find in Me your all in all."

More Love to Thee, O Christ - Elizabeth Prentiss

More love to thee, O Christ, More love to thee!
 Hear thou the prayer I make on bended knee;
 This is my earnest plea, More love, O Christ, to thee,
*May I love You more, and more, and more
 with the best kind of love - because of who You are -
 not because of what I get from You - not for what I benefit.*

Nearer, my God to Thee - Sarah Adams

This, then, my prayer shall be, nearer my God to thee
*The safest, sweetest spot - the nearer I am to You, the more
 everything else fades away. The sharp edges of this present
 reality will soften and be less fearsome as I stay close to You.*

All the Way My Savior Leads Me - Rich Mullins

All the way my Savior leads me. What have I to ask beside?
 Can I doubt His tender mercies who through life has been my
 guide?

Help me remember Your faithfulness in my redemption story.

I Must Tell Jesus - Elisha Hoffman

I cannot bear these burdens alone... He ever loves and cares
May it be my habit to tell You - first - quickly - authentically

Take My Life - Frances Havergal

Take my will and make it Thine, it shall be no longer mine.
 Take my heart, it is Thine own, it shall be Thy royal throne.
 Take my love, my Lord I pour at Your feet, it's treasure store.
 Take myself and I will be ever, only, all for Thee.

In these words there is freedom.

*Freedom is found when we enter into His life, when He lives
 His life through us.*

*In this freedom we live fully - complete in who He created us
 to be.*

In this freedom we find "abundant" life. BD