

**QUIET TIME GUIDE**  
**FOR Monday 8/4/08**  
**FROM JACK MILLWOOD**

**Greeting:**

Once a year my wife and I withdraw from everything and everyone to get away and be alone and go on vacation. A friend of mine once said that each of us needs to learn to take a few minutes every day to get away mentally. Each week we need to find time to break from the stress and find a few hours to unwind. Then annually you need to take a vacation and recreate your energies. That has proven to be good advice. I try to find time each day, often it is in these quiet times, to pull away and just be with the Lord and find new strength and energy. A few minutes each day makes a difference. I can sure tell when I don't do it. Each week I try to find a few hours when I can unwind the rubber band that has gotten tight during the week and unwind. I must admit that the time away each year has been a life saver. I have found that there is never a good time to do it. However, I have found that when I do take the time I come back refreshed and invigorated. These past two weeks have been my time to get away. It is the only two weeks of my life that I do not have a cell phone or a laptop computer with me at virtually all times. During those two weeks I do very little. Yesterday morning I was back at it and ready to go. My wife even made mention to me yesterday that she could tell that I was fresher and ready to go. There is an important principle here. All of us need to pull away at times, in whatever way that we can at whatever point in life we are, and find a way to get our batteries charged. One of the things I have been reminded of these past two weeks is just the simple truth of God's love for me and how much I really do owe the Lord. I thought of that this morning as I read Psalm 116. It is the simple prayer of a man who has taken the time to stop and think about just how much the Lord loves him and means to him. Stop. Right now. Stop what you were doing. Put the work down for a few minutes. Take a long breath and ask God to speak to you as you read this beautiful Psalm.

**Scripture for today:**

*Psalm 116: 1 I love the LORD because he hears my voice and my prayer for mercy.2 Because he bends down to listen, I will pray as long as I have breath!3 Death wrapped its ropes around me; the terrors of the grave overtook me. I saw only trouble and sorrow.4 Then I called on the name of the LORD: "Please, LORD, save me!" 5 How kind the LORD is! How good he is! So merciful, this God of ours! 6 The LORD protects those of childlike faith; I was facing death, and he saved me. 7 Let my soul be at rest again, for the LORD has been good to me. 8 He has saved me from death, my eyes from tears, my feet from stumbling. 9 And so I walk in the LORD's presence as I live here on earth! 10 I believed in you, so I said, "I am deeply troubled, LORD." 11 In my anxiety I cried out to you, "These people are all liars!" 12 What can I offer the LORD For all he has done for me? 13 I will lift up the cup of salvation and praise the LORD's name for saving me. 14 I will keep my promises to the LORD in the presence of all his people. 15 The LORD cares deeply when his loved ones die. 16 O LORD, I am your servant; yes, I am your servant, born into your household; you have freed me from my chains. 17 I will offer you a sacrifice of thanksgiving and call on the name of the LORD. 18 I will*

***fulfill my vows to the LORD in the presence of all his people— 19 in the house of the LORD in the heart of Jerusalem.***

**Life Application:**

There are so many reasons to love the Lord. There are so many reasons to be a follower of Christ. The Psalmist said ***“I love the LORD because he hears my voice and my prayer for mercy. Because he bends down to listen...”*** This is a man who knew what it was like to have his very life in danger and to be rescued by a loving God who cares so much for him. He said, ***“Death wrapped its ropes around me; the terrors of the grave overtook me. I saw only trouble and sorrow. Then I called on the name of the LORD: “Please, LORD, save me!”***” I know what it is like to be “saved.” God has “saved” me from myself and wrong decisions I have made. God has “saved” me from the effects of living a life apart from him. He has “saved” me from the harm that others have designed for me. In so many ways He has “saved” me. The Psalmist is right, ***“How kind the LORD is! How good he is! So merciful, this God of ours!”*** It is true. Because of that so many things are different. Because of the Lord’s goodness and love toward me I can be at peace and rest. He said, ***“Let my soul be at rest again, for the LORD has been good to me.”*** Perhaps today in these few quiet minutes you need to hear that. Tell your own heart to be at rest. Tell yourself to “take a pill and relax.” Except it is a pill of truth you need to take today. The truth is that the Lord loves you and cares for you. You can rest with that knowledge today. No matter the clouds that may seem to be gathering around you, you can be at rest. You can, as the Psalmist wrote, ***“...walk in the LORD’s presence as I live here on earth!”*** Be reminded today that you are not alone. You do not face the difficulties of your life and this day as an isolated person out there on their own with no help. You have the very presence of Jesus Christ in your life. As a result we are free to live for Christ and to fulfill the purposes he has for us. That was the motivation of the Psalmist to live and to do right. Fear of doing wrong or of getting caught doing wrong was not the driving force in his life to do good. Gratitude to God for his love and care drove him to do right. He said, ***“I will lift up the cup of salvation and praise the LORD’s name for saving me. I will keep my promises to the LORD IN the presence of all his people.”*** As a matter of fact he repeats himself and says it again in a different way. ***“I will fulfill my vows to the LORD in the presence of all his people— 19 in the house of the LORD in the heart of Jerusalem.”*** His love and gratitude toward the Lord’s goodness to him was the motivating factor in his service to Christ. I can assure you that when you stop and realize how much God loves you today it will compel you to live for him each moment of the rest of this day.

**Spiritual exercise:**

Let me remind you of a few truths. Stop and remind yourself of these truths. God knows everything that is happening in your life and he cares about you. He has a plan for you. He has not abandoned you. He has given you over 600 promises in the Bible. You have the presence of other believers who can encourage and strengthen you along the way. Most importantly you have the presence of God’s own son in your life to walk with you. Stop for a few minutes. Withdraw from the pressures around you and just let God remind you today how much he loves and cares for you.

**Thought for the day.**

I am precious in the sight of God!