

## **The Godly Woman as a Disciple**

### *The Devotional Life*

If you were to ask Godly Christians around the world “What, in your opinion, is the least common denominator for a victorious Christian life?” I’m sure the answer would be unanimous: a daily time of fellowship with God in the Word and prayer.

Then what do you suppose Satan’s attitude is towards Christians beginning or continuing faithfully in a daily time alone with God?

Let me urge you, teacher, if you have never established a daily Quiet Time that you do so *now* as you prepare this lesson. And pray earnestly that this study will result in everyone in your class becoming involved in an exciting, fulfilling, deepening, God-honoring, *consistent* Quiet Time.

Before you begin the discussion questions, ask for reports on the books and audios you assigned last week (If you did so).

#### **A. Object Of The Lesson**

1. To help each one realize the importance of a daily Quiet Time.
2. To generate in them a desire for the Quiet Time.
3. To get them started this week in a Quiet Time (or to encourage them in continuing a daily Quiet Time if they have already started having one).

#### **B. Discussion Questions**

1. Why do you feel the Quiet Time is important? (Here are many possible answers, not necessarily in order of importance).
  - a. To know the Lord. Philippians 3:10 (Amp); II Peter 1:2,3; Ezra 7:10; John 4:23; Mark 1:35; Deuteronomy 17:19
  - b. To be like Christ. Transformation. II Corinthians 3:18; Colossians 2:9,10
  - c. It is a way God can deal with attitudes. I Corinthians 1:9; Colossians 1:10; John 16:7,8; Proverbs 3:5,6
  - d. For cleansing. As we fellowship with Christ in His Word, He exposes sin in our life. Hebrews 4:12; Psalm 139:23,24
  - e. Desperation. (need or motive) II Peter 1:3; Luke 10:38-42; Proverbs 8:17; Luke 9:23; Colossians 2:2-3,6
  - f. For direction, guidance. Psalm 32:8; Psalm 119:105; Psalm 119:19 (Living Bible)
  - g. To nurture our relationship with Jesus Christ; to cause it to grow. I Peter 2:2; II Peter 3:18; II Corinthians 3:18; Romans 8:29; Ephesians 4:13

h. It changes lives. I John 1:3 (Teacher: Share your own testimony of how your own life has been changed since you have been having a Quiet Time. Invite others to tell of the changes in their lives which have come about as a result of their daily Quiet Time.)

i. The Quiet Time reveals God's love to us and our dependence upon God. Matthew 22:29; Ephesians 1:8 (LB)

j For food. I Peter 2:23; Matthew 4:4

k. God desires our fellowship. John 4:23; Song of Solomon 2:14

2. What time of day do you feel is best for a Quiet Time? Why?

(Teacher: Probably most will say morning - or the beginning of their day. Some however, will feel night time is their best time. Obviously the most important thing we want to get across is the importance of *having a regular*, daily Quiet Time. Actually, it is a good practice to begin *and* end the day with the Lord. For instance, those who prefer a morning Quiet Time might then end the day with quiet meditation on what they read that morning or by reviewing verses they have memorized, etc.

Those who prefer their longer time with the Lord at night should start their day with a prayer of commitment and meditation on a verse, or few verses, of Scripture.)

Some reasons for having a Quiet Time at the beginning of the day:

a. It's like putting on your armor before going out to battle.

b. It's like getting one's "marching orders" for the day.

c. It sets the tone of the day.

d. Biblical examples: Jesus - Mark 1:35; the Psalmist Psalm 5:3, 143:8.

3. How did you learn about the Quiet Time?

4. How did you start?

5. What does it mean to you?

6. Explain I Thessalonians 5:17.

7. How does Quiet Time help us to know God?

8. How can Quiet Time allow our hearts to be searched? Hebrews 4:12; Psalm 36:9

9. How can we get guidance from our Quiet Time?

10. What problems have you personally had in being consistent? How did you solve that problem?

11. What format do you use in the Quiet Time? What materials?

12. In sharing Quiet Time with another person, how would you go about “selling” them on the value, the necessity, etc. of a Quiet Time? Where would you have them start reading?

13. Which of the hindrances to daily devotions that you wrote down do you most identify with? What do you plan to do this week to remove that hindrance?

### **C. Suggestions For Conclusion**

Perhaps you might use one or more of the following to close today’s study (or to intersperse throughout the study).

#### **Take Time To Be Holy**

Take time to be holy, speak oft with thy Lord;  
Abide in Him always, and feed on His Word.  
Make friends of God’s children, help those who are weak.  
Forgetting in nothing His blessing to seek.

Take time to be holy, the world rushes on;  
Spend much time in secret with Jesus alone.  
By looking to Jesus, like Him thou shalt be;  
Thy friends in thy conduct His likeness shall see.

Take time to be holy, let Him by thy guide.  
And run not before Him, whatever betide.  
In joy or in sorrow still follow thy Lord,  
And looking to Jesus still trust in His Word.

Take time to be holy, be calm in thy soul.  
Each thought and each motive, beneath His control;  
Thus led by His Spirit to fountains of love,  
Thou soon shall be fitted for service above.

## Morning Watch

“And in the morning, rising up a great while before day, he went out and departed into a solitary place, and there prayed.” Mark 1:35

I met God in the morning  
When the day was at its best,  
And His presence came like sunrise,  
Like a glory within my breast.

All day long the Presence lingered,  
All day long He stayed with me;  
And we sailed in perfect calmness  
O'er a very troubled sea.

Other ships were blown and battered,  
Other ships were sore distressed;  
But the winds that seemed to drive them  
Brought to us a peace and rest.

Then I thought of other mornings,  
With a keen remorse of mind,  
When I too, had loosed the moorings  
With His Presence left behind.

So I think I know the secret  
Learned from many a troubled way;  
You must seek God in the morning  
If you want Him through the day.

*- Bishop Ralph Cushman*

## Prayer

Prayer is so simple,  
It is like quietly opening  
a door  
And slipping into the very  
presence of God,  
There in the stillness  
To listen for His voice  
Perhaps to petition,  
Or only to listen  
It matters not.  
Just to be there  
In His presence  
Is prayer!

*- Author unknown*

## The Reader

He read the "Journal" and the "Post,"  
The "Green Book" and the "Red,"  
He kept the serials of the month  
Securely in his head.

He went through books, both old and new,  
Best-sellers, too, he thought;  
He read the jokes and studied styles;  
No item went for naught.

He read the sporting page; he knew  
each athlete by his name;  
He read of baseball, football, golf  
Familiar with each game.

He looked the funny paper through;  
He watched the mails to seize  
The magazine he liked the best,  
Whose columns most did please.

But in his house there was a Book  
With pages never turned,  
Whose message of truth and hope  
Were still by him unlearned

The Book that tells of Him who came  
To earth that we might know  
The beauty of a sinless life,  
Lived here so long ago.

What pity 'tis he does not know  
This Man of Galilee,  
Who healed the lame, the blind, the deaf,  
Beside the sapphire sea!

And still he reads and laughs and cries  
O'er stories of the hour;  
And lets the Book, dust covered, lie  
Unopened in its power.

And still the Book, dust-covered, lies,  
Its pages never turned;  
Its messages of truth and hope  
Are by him yet unlearned.

And shall we not a lesson glean  
From readers such as he?  
Be this our favorite Book that tells  
Of Christ of Galilee!

*- Author unknown.*

## **Think Of Our Lord Speaking To You And Saying ...**

“You do not have to be clever to please me; all you have to do is to want to love me. Just speak to me as you would to anyone of whom you are very fond.”

“Are there any people you want to pray for? Say their names to me, and ask of me as much as you like. I am generous and know all their needs, but I want you to show your love for them and me by trusting me to do what I know is best.”

“Tell me about the poor, the sick, and the sinners, and if you have lost the friendship or affection of anyone, tell me about that, too. “

“Is there anything you want for your soul? If you like you can write out a long list of all your needs, and come and read it to me.”

“Just tell me about your pride, your touchiness, self-centeredness, meanness and laziness. Do not be ashamed; there are many saints in Heaven who had the same faults as you; they prayed to me and, little by little, their faults were corrected.”

“Do not hesitate to ask me for blessings for the body and mind; for health, memory, success. I can give everything, and I always do give everything needed to make souls holier.”

“What is it that you want today? Tell me, for I long to do you good. What are your plans? Tell me about them. Is there anyone you want to please? What do you want to do for them?”

“And don’t you want to do anything for me? Don’t you want to do a little good to the souls of your friends who perhaps have forgotten me? Tell me about your failures, and I will show you the cause of them. What are your worries? Who has caused you pain? Tell me all about it, and add that you will forgive and forget, and I will bless you.”

“Are you afraid of anything? Have you any tormenting, unreasonable fears? Trust yourself to me. I am here. I see everything. I will not leave you.”

“Have you no joys to tell me about? Why do you not share your happiness with me? Tell me what has happened since yesterday to cheer and comfort you. Whatever it was, however big, however small, I prepared it. Show me your gratitude and thank me.”

“Are you determined to run into no temptations? Have you made up your mind about bad books and bad friendships? They disturb the peace of your soul. Are you going to be kind to that one who has hurt you?”

“Well, go along now. Get on with your work. Try and be quieter, humbler, more submissive, kinder; and come back soon and bring me a more devoted heart. Tomorrow I shall have more blessings for you.”

## **D. Additional Scriptures**

Isaiah 50:4; Lamentations 3:22,23; Matthew 6:11; Matthew 21:22; Acts 20:32; Hosea 6:3; Romans 12:1,2; Proverbs 8:17; II Corinthians 4:16; Genesis 5:21-24 (LB); I Thessalonians 2:13; I John 3; Isaiah 59:1,2 (NEB); I John 1:10; II Peter 1:4; Psalm 119:8 (LB) James 1:23,24; Hebrews 4:12; Philippians 3:10; Luke 24:27; I Timothy 4:15; John 10:10.

## **E. Possible Projects**

1. Form a “partnership” with someone with whom you can share your Quiet Time blessings every day this week.
2. Share the idea and method of Quiet Time with someone else this week.
3. Have the women share what God has shown them by using the “Spiritual SPECS” during each day’s reading:

**S**-Sins to forsake

**P**-Promise to claim

**E**-Example to follow

**C**-Commands to obey

**S**-Stumbling blocks or errors to avoid.

4. Have them write down any new thoughts about God.

## **F. Extra Helps**

Audio 822 - “Quiet Time”

*The Abundant Life* by Ray E. Baughman

*Prayer - Conversing with God* by Rosalind Rinker

*The Christian Secret of a Happy Life* by Hanna Smith

*Think of our Lord Speaking to You*, Mirfield Publications