

“Be still, and know  
that I am God”

Psalm 46:11

“Speak, LORD,  
for your servant  
is listening”

1 Samuel 3:9



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Writings > Devotional Booklets

# Quiet Time Book

12 days on SPIRITUAL STRUGGLE



Name: \_\_\_\_\_

Quiet Time #11

date: \_\_\_\_\_

## Occult practices

- Pray: Ask the Lord to speak to you today through His Word.
- Read: **Deuteronomy 18:9-22.**
- Meditate: What do you learn here about witchcraft, mediums, New Age and other spiritual experiences?

**THINK TIPS – Use these only if necessary**

- v10. I choose to distance myself from all occult practices.
- v11. I shall not seek contact with the dead or take decisions based on horoscopes and the like. If I have done so in the past, I confess it now as sin and distance myself from such practices.
- v18. I will only listen, believe and obey God's Word. I shall be careful.

Key message for me for today:

- Pray: Respond to this key message.  
Take time to worship Him.

A suggestion

## My 7 minutes with God

**1 minute:** Pray. Thank God for the many blessings He has given you. List some! Ask the Lord to clean you and to speak to you through His Word. If you are aware of some sin in your life, confess it to the Lord. Accept His forgiveness. Come to inner rest.

**3 minutes:** Read. Read about 10 Bible verses. Here you will find suggested daily readings taken from the book of Philippians. Read with a pencil or with colours in your hand, so that you can highlight or underline the words and expressions that grab your attention.

**2 minutes:** Meditate. Calmly think about what you read. Ask yourself some questions. For example:

- Is there a command I should obey?
- Does it refer to a sin I should avoid or confess?
- Is there a promise I can lean on?
- Does it provide a good example which I should imitate or a bad one which I should avoid?
- What can I learn here about God?
- Does it point to something I can be thankful for?

**1 minute:** Pray. Express your thanks to your heavenly Father for what you have received. Worship Him for who He is. Ask Him to help you resist temptations and obey Him today. Ask Him to show you the good works that He has prepared for you to do today. Choose to walk with Jesus today.

## what is not a Quiet Time?

- It is no gimmick to bring 'good luck' to your day!
- It is not a new obligation designed to frustrate you or make you feel guilty!
- It is not a moment to rush through a daily reading neither the time for deep Bible study.

## What is a Quiet Time?

- It is a time to be still in the presence of the Lord Jesus.
- It is a time to try to listen to the voice of our heavenly Father as He speaks to you through His word.

## Why have a Quiet Time?

- Because I am a friend of God.
- Because I need strength, motivation and direction for today. I want to listen to His voice.

[1]

Quiet Time #1                      date:

### Spiritual struggle

Pray:                      Ask the Lord to speak to you today through His Word.

Read:                     **Ephesians 6:10-18.**

Meditate:                Spiritual struggle is a reality. We have not chosen to be part of it. What can you learn here about your enemy and how to defend yourself?

**THINK TIPS – Use these only if necessary**

v11. Am I being tempted to do something wrong?  
v12. People are not my enemy, it is Satan.  
v14. Am I standing firm? What can improve?  
v17. God's Word is the sword of the Holy Spirit. I must learn to stand on God's truth and promises.  
v.18 When I feel weak, I may ask for strength to be able to resist the devil – 1 Pet 5:7-9

Key message for me for today:

Pray:                      Respond to this key message.  
                                 Take time to worship Him.

[3]

Quiet Time #12                      date:

### More than conquerors!

Pray:                      Ask the Lord to speak to you today through His Word.

Read:                     **Romans 8:31-39.**

Meditate:                What has God done for you? Here you read about your sure position. Nothing can separate you from the love of God.

**THINK TIPS – Use these only if necessary**

v31. God is for me! Not against me. Thank you, Lord!  
v32. Here is evidence that God is for me.  
v35. My position with Jesus is super secure!  
v38. Satan and his demons cannot cause separation.  
                                 Thank you, Jesus, that you have made me more than conqueror. I chose to live like one today.

Key message for me for today:

Pray:                      Respond to this key message.  
                                 Take time to worship Him.

[14]

Quiet Time #10                      date:

### Don't give the devil space

Pray:                      Ask the Lord to speak to you today through His Word.

Read:                     **Ephesians 4:20-32.**

Meditate:                By the way you live, you may grieve the Holy Spirit and give the devil 'legal ground' in your life. Is there something in your life that should be confessed or cleaned up?

**THINK TIPS – Use these only if necessary**

v22. Is my current 'way of life' pleasing to God?  
v24. I am a 'new self'. I want to live this new life.  
v27. Due to anger and sin I may give the devil a 'place' or 'legal ground' in my life – he may gain legal right to exert influence in my life.  
v30. At conversion, I was sealed with the Holy Spirit – since then He lives in. Fantastic!

Key message for me for today:

Pray:                      Respond to this key message.  
                                 Take time to worship Him.

[12]

Quiet Time #9 date:

## I believe God's truth

Pray: Ask the Lord to speak to you today through His Word.  
Read: **John 8:32** and **8:42-47**.  
Meditate: If we believe Satan's lies about God and ourselves, that will influence our feelings and behaviour. God's truth will set us free. Do you live some lies that need exposing and confessing?

**THINK TIPS – Use these only if necessary**

8:32. My true identity is the way God sees me!  
8:44. The devil uses lies to make me feel unstable and to control me. I choose to reject the devil's lies and believe only God's truth – about God, about myself and about life in general.

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[11]

Quiet Time #7 date:

## I need not be afraid

Pray: Ask the Lord to speak to you today through His Word.  
Read: **1 John 2:15-17** and **4:1-4**.  
Meditate: What do we learn here about our attitude towards a world that hates God? And about our enemy Satan?

**THINK TIPS – Use these only if necessary**

2:15. What am I living for? Do I love this world?  
2:16. I should not blindly follow the current of this world.  
4:4. I am an 'overcomer' because I am a child of God.  
4:4. Jesus, who lives in me, is stronger and greater than Satan and his demons. I need not be afraid!

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[9]

Quiet Time #2 date:

## Jesus and demons

Pray: Ask the Lord to speak to you today through His Word.  
Read: **Luke 8:26-39**.  
Meditate: What do you learn here about demons and the power of the Lord Jesus? John 10:10 says that Satan has come to steal, kill and destroy. Can you see that in this story?

**THINK TIPS – Use these only if necessary**

v27. This man was possessed by demons. As a Christian I am owned by God and His Spirit lives within me.  
v28. Demons knew who Jesus was.  
v29. What can demons do to people?  
v35. What did Jesus do for this man? Can we also help people like that today? Jesus came to destroy the devil's work – 1 John 3:8.

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[4]

Quiet Time #4 date:

## Thoughts lead to actions

Pray: Ask the Lord to speak to you today through His Word.  
Read: **Acts 5:1-11**.  
Meditate: In this sad story, how did Satan influence this couples' behaviour? According to 2 Cor 10:5 what should we do with wrong thoughts?

**THINK TIPS – Use these only if necessary**

v3. Who placed a sinful idea in their mind? Can I be entertaining thoughts planted there by the devil?  
v4. When I sin against people I also sin against God. Am I aware of some sin that needs confessing? - 1 John 1:9.  
v9. I will test my thoughts against God's Word. I will take wrong thoughts captive to Jesus.

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[6]

Quiet Time #3 date:

## Crafty temptations!

Pray: Ask the Lord to speak to you today through His Word.  
Read: **Genesis 3:1-10.**  
Meditate: What do you learn here about temptations and Satan's strategies?

**THINK TIPS – Use these only if necessary**

- v1. "Did God really say...?" If I doubt or do not know God's Word, I am in a weak position!
- v5. If I doubt God's goodness, I shall also become dangerously weak!
- v6. Here is a progression: see, pleasing, desirable, take, eat. When is the best moment to say 'no' to a temptation and to act?
- # Sin is never inevitable. God is faithful: He will always provide a way out or strength to resist the temptation - 1 Cor 10:13.

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[5]

Quiet Time #5 date:

## Jesus is victorious!

Pray: Ask the Lord to speak to you today through His Word.  
Read: **Colossians 1:12-14 and 2:13-15.**  
Meditate: What can I learn here about Jesus and my place in His kingdom?

**THINK TIPS – Use these only if necessary**

- 1:13. Hallelujah! I have been rescued!
- 1:14. I have been forgiven and redeemed. I am safe!
- 2:13. I have a new life and **all** my sins have been forgiven! Satan, de accuser, has now no ground to make me feel guilty – Rev 12:10.
- 2:15. Satan has been disarmed! On the cross, Jesus triumphed over Satan. In and with Jesus I am also victorious!
- # Angels, authorities and powers have been made subject to he Lord Jesus – 1 Pet 3:22

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[7]

Quiet Time #8 date:

## And he will flee from you!

Pray: Ask the Lord to speak to you today through His Word.  
Read: **James 4:1-10.**  
Meditate: Here we are told how to prepare ourselves so that the devil will flee from us. Do you have the right attitude toward God?

**THINK TIPS – Use these only if necessary**

- v1. What kind of desires battle within me?
- v3. Are my prayers too much 'me' focussed?
- v4. Do I live like a friend of God or of this world?
- v7. Do I willingly submit to God? Do I have the right attitude towards God in order that I may resist the devil? What a fantastic promise follows!
- v11. Am I known as a humble person?

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[10]

Quiet Time #6 date:

## In the Name of Jesus...

Pray: Ask the Lord to speak to you today through His Word.  
Read: **Acts 19:11-20.**  
Meditate: The spiritual world is very aware of the authority and power of the Name of Jesus. Who has the right to use the Name of Jesus? Read also Luke 10:17.

**THINK TIPS – Use these only if necessary**

- v15. Demons recognize Christians. As a Christian, I may use with authority the Name of Jesus.
- v18. Evidence of the power in the Name of Jesus encourages me to confess sin and live clean.
- v19. Do I have anything in my house that belongs to the kingdom of darkness? I will get rid of it today!

Key message for me for today:

Pray: Respond to this key message.  
Take time to worship Him.

[8]