

Greetings,

I am so excited about what the Lord is doing across the earth. From the work of prayer and evangelism, prophecy and worship, and many more ministry expressions, the Lord is moving in a mighty way. One can say that the word of God is spreading rapidly and His Kingdom is clearly being established in the earth.



With a humble expression in Southeast KY, we here at One27 are honored to be part of what is taking place, along with the larger body of Christ. We believe that this is the generation of those who seek the face of God, and that the Holy Spirit has a people set apart to do His works and establish His Kingdom on earth, as it is in heaven. It is therefore our joy to partner with Jesus at this time in history.

My utmost desire is to see believers cultivate a life of devotion and fellowship with Jesus. I believe that all things related to the Kingdom and doing the works of ministry stem from the reality of abiding in Christ, by a lifestyle of prayer and communion. Therefore, to help aid your time in the Prayer Room and the secret place, I have compiled this handbook. When the Lord began to call me into a lifestyle of prayer, he gave me several practical tools that would facilitate such a reality. And that's what this handbook is— a collection of teachings and practical tools to come alongside of your walk with Jesus, specifically in the place of prayer, worship, and meditating on the Word.

Blessings!

Robby Atwood (One27 Director)

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Prayer Room practical tips

for spending time in the Prayer Room



Life can often move very fast, and sometimes it's just downright difficult to slow down –and when we do, there are many things vying for our attention. This should cause us to be more intentional as we spend time in the presence of the Lord.

When you come to the Prayer Room, it is a good idea to have a general plan for how you will spend your time. These are practical suggestions that may be used in order to help you focus and engage with Jesus.

General Tips:

- Develop a Bible study action plan and follow it. This may include a specific topic such as "The Knowledge of God," "Your Identity in Christ," "Justice", etc... Continually studying the love of God, intimacy, and topics on the knowledge of God will help sustain your time in the prayer room.
- Pray and Study the Apostolic Prayers, located on the Prayer Room table.
- Have a prayer plan, which may include: meditating on a particular passage, declaring His promises, individual intercession, praying in the Spirit, etc...
- Schedule time to take a short break away from others.
- Journal your thoughts and revelations. Write down your prayers.

During Worship: This format usually takes place at the beginning of a set and in transitions out of intercession.

- Participate in singing the corporate worship songs.

- Engage in spontaneous singing and join in with what the Lord is saying and singing during that particular set.
- Follow along in the Bible with the theme and passage that is being used by the worship team. Example: if the team is singing "Holy is the Lord", read and study Revelation 4 and 5.
- Journal any revelation you receive from the songs being sung.

During Intercession: This format is designed for corporate intercession, used by praying the word. One of our goals is for hearts and minds to engage in intercession together.

- Turn off any devices such as phone or laptop.
- Engage in the spontaneous singing and join in with what the Lord is saying and singing during the intercession time.
- Have your Bible ready so that you may follow along with the prayer leader.
- Posture yourself in a position that helps you focus, such as standing or pacing.
- Pray on the microphone, when the prayer leader calls for volunteers.
- Pray in the Spirit or pray for someone or a group that's on your heart.

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Apostolic Prayers and Promises



- For revelation of Jesus' beauty that we might walk in our calling and destiny by God's power

That the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may KNOW (experience) what is the hope of His calling (assurance/clarity of God's call for our life), what are the riches of the glory of His inheritance in the saints (our destiny as Jesus' inheritance), and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power... Ephesians 1:17-19

- To receive the Spirit's power that Jesus' Presence be manifest in us so we experience God's love

THAT He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, THAT Christ may dwell (manifest His presence) in your hearts through faith; THAT you, being rooted and grounded in love, may be able to comprehend (experience) with all the saints what is the width and length and depth and height– to know the love of Christ which passes knowledge; THAT you may be filled with all the fullness of God. Ephesians 3:16-19

- For God's love to abound in us by the knowledge of God resulting in righteousness in our life

That your love may abound still more and more in knowledge (of God) and all discernment, that you may approve (rejoice in) the things that are excellent, that you may be sincere (no compromise) and without offense till the day of Christ, being filled with the fruits of righteousness... Philippians 1:9-11

- To know God's will, to be fruitful in ministry and strengthened by intimacy with God

That you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy... Colossians 1:9-11

- For unity in the church and to be filled with supernatural joy, peace and hope (confidence)

May the God of patience and comfort grant you to be like-minded toward one another... that you may with one mind and one mouth glorify the...Father... May the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Romans 15: 5-6, 13

- To be enriched by all the gifts of the Spirit including powerful preaching and prophetic revelation

That you were enriched in everything by Him in all utterance (anointed preaching/singing), all knowledge (prophetic revelation), even as the testimony of Christ was confirmed in you (by miracles), so that you come short in no gift, eagerly waiting for the revelation of...Jesus Christ, who will also confirm you to the end, that you may be blameless in the day of our Lord Jesus Christ. 1 Corinthians 1:5-8

- For the release of grace to bring the Church to maturity especially to abound in love and holiness

Praying exceedingly that... (God will release His Spirit and grace to) perfect what is lacking in your faith?... And may the Lord make you increase and abound in love to one another and to all... that He may establish your hearts blameless in holiness before our God and Father at the coming of our Lord Jesus Christ with all His saints. 1 Thessalonians 3:10-13

- To be worthy (prepared or made spiritually mature) walk in the fullness of our destiny in God

We pray always for you that God would count you worthy of (prepare us for) this calling, and fulfill all the good pleasure of His goodness (plans for us) and the work of faith with power, that the name of... Jesus may be glorified in you, and you in Him, according to the grace of our God. 2 Thessalonians 1:11-12

- That the Word will increase its influence (effectiveness) in the city as God releases His power on it

Pray for us, that the Word of the Lord may run swiftly (rapidly increase its influence) and be glorified (confirmed with apostolic power and miracles), just as it is with you... The Lord is faithful, who will establish you and guard you from the evil one... May the Lord direct your hearts into the love of God and into the patience (perseverance or endurance) of Christ. 2 Thessalonians 3:1-5

- For impartation of boldness (singing and speaking the Word) by releasing healing, signs and wonders

Lord... grant to Your servants that with all boldness they may speak Your word, by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus. And when they had prayed, the place where they were assembled together was shaken; they were all filled with the Holy Spirit, they spoke the word of God with boldness. Acts 4:29-31

- For the release of God's promise to be endued with power for all who tarry (labor in prayer) for breakthrough

Behold, I send the Promise of My Father upon you; tarry in the city of Jerusalem until you are endued with power from on high. He lifted up His hands and blessed them. Luke 24: 49-50

- For the Lord to release His zeal for His people and for His manifest Presence to shake all that resists Him

Look down...and see from Your habitation, holy and glorious. Where are (the manifestations of) Your zeal and Your strength, the yearning of Your heart and Your mercies toward me? You, O LORD, are our Father; Our Redeemer from Everlasting is Your name. Isaiah 63: 15-16

Oh, that You would rend the heavens! That You would come down (manifest Your power)! That the mountains (obstacles) might shake at Your presence... to make Your name known to Your adversaries (sin, sickness, Satan), that the nations may tremble at Your presence! When You did awesome things for which we did not look (expect)... Since the beginning of the world men have not heard...nor has the eye seen any God besides You, who acts for the one who waits for Him. You meet him who rejoices and does righteousness, who remembers You in Your ways. Isaiah 64:1-7

- For the release of God's promise to pour out His Spirit and release dreams, visions and prophecy

In the last days, says God, that I will pour out of My Spirit on all flesh; your sons and your daughters shall prophesy, Your young men shall see visions, your old men shall dream dreams. On My menservants and on My maidservants I will pour out My Spirit in those days; and they shall prophesy. I will show wonders in heaven above and signs in the earth beneath: blood and fire and vapor of smoke. The sun shall be turned into darkness, and the moon into blood, BEFORE the coming of the great and awesome day of the LORD. Whoever calls on the name of the LORD shall be saved. Acts 2:17-21

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Keys to Enjoyable Prayer



Introduction

- A. The Lord *designed prayer to be enjoyable—where we come face to face with the JOY and GOODNESS of the Lord*. A place where we come into contact with His purpose and plans.
- B. In **Isaiah 56:7**, the Lord promises that He would bring His people to His mountain (place of encounter) and *make us joyful in the place of prayer. Because He carries so much joy in His heart*, He wants to show us the way to experiencing enjoyable prayer.

“The Lord your God is in your midst, a victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.” Zephaniah 3:17 (NASB)

- C. God is not bored or disengaged with us. **Hebrews 1:9** says that Jesus was anointed with the *“oil of gladness.”* Mike Bickle imagines Jesus saying, *“You are going to get the shock of your life when you find out how interesting I am and how enjoying a conversation and relationship with Me can be.”*

“You will make known to me the path of life; in Your presence (face) is fullness of joy; in Your right hand there are pleasures forever.” Psalm 16:11

“For You did make him most blessed forever; You did make him joyful with gladness in Your presence (face).” Psalm 21:6

- D. If we find ourselves disengaged in the place of prayer, it’s then that we need to revisit the goodness of the Lord: *“I would have despaired unless I had believed that I would see the goodness of the Lord in the land of the living.” Psalm 27:13*

“You satisfy my every desire with good things! You’ve supercharged my life so that I soar again like a flying eagle in the sky!” Psalm 103:5 (TPT)

"For He has satisfied the thirsty soul, and the hungry soul He has filled with what is good." Psalm 107:9 (NASB)

F. As we enjoy the place of prayer:

- i. Our heart and mind is refreshed and opened up to the things of God, producing the work of inward transformation. As the primary ingredient to bring personal and corporate transformation, there is nothing that will infuse your life with power like joyful prayer.
- ii. We are able to persevere and not grow weary. As a general rule, we will follow the things that we enjoy, and invest in the things that bring us satisfaction. This is not a negative thing—the Lord designed us to give ourselves to pleasures. The power lies in what those pleasures are.

G. Holy Spirit *wants to bring you into the school house of revelation, showing us the joys and delight of prayer.* No matter your age or experience in the Lord, it is His intention to mature you in the place of prayer, specifically enjoyable prayer. This will cause your journey in the Lord to become sweeter and sweeter over time.

H. Enjoyable prayer is not something that moves God, only faith in a yielded life moves God (**Hebrews 11:6**). Whatever level we feel that our prayer life is at, *God rejoices in the reach of our hearts offered in prayer.* He delights in anyone who calls on His name. However, enjoyable prayer is something that will cause us to enjoy the process of transformation and persevere in the journey.

Discovering the Delight and Joy of Prayer

A. Practical tips to help you engage in joyful prayer:

- I. Develop a right view of God: the Lord is kind, compassionate, and is eager to hear from those who call upon Him: *"Therefore the Lord longs to be gracious to you... He waits on high to have compassion on you. For the Lord is a God of*

justice; How blessed are all those who long for Him... He will surely be gracious to you at the sound of your cry; when He hears it, He will answer you."
Isaiah 30:18-19

- a. In teaching us to pray, Jesus first took us to "our Father in heaven" to signify the truth of understanding Whom we pray to. *It's important to intertwine your prayers with the knowledge of God.*
- b. The Father is close and urges us to come into the throne room with boldness (see **Hebrews 4:16**). Seeing Him as a good Father who longs to commune with His children changes everything! From this view point, we *are encouraged to talk with God.*
- c. Throughout your prayer time, repeat truths and phrases concerning who He is (i.e. His glory and beauty). This will create a rhythm of enjoyable prayer in your life.
- d. The beauty of God fascinates the heart and makes prayer enjoyable. This is why the Lord had David instruct the singers and musicians to worship the Lord in the beauty of holiness (see **Psalms 96:9**).

"Ascribe to the Lord the glory due His name; bring an offering, and come before Him; Worship the Lord in holy array." **1 Chronicles 16:29**

- e. Because of his distorted view of the master, the servant with 1 talent didn't respond and sow what was given (see **Matthew 25:24-25**). This reveals the truth that we will not invest in our relationship with the Father unless we first see Him good and caring.
- II. **Understand the power of prayer:** We will invest in prayer more often when we understand the significance of it.
- a. In prayer and intercession, we are *partnering with God* to bring His purposes into the earth. By way of fellowship with the Lord, we can play a part in seeing His glory fill the earth (our homes, schools, cities, etc.).

- b. In prayer, we are *communing with our Bridegroom*. He isn't some distant god; He is a Friend whose desires are revealed to our hearts in the place of prayer.
- c. Intercession is *standing before the Lord*, declaring the words that He tells us to say. The Father doesn't just permit us to come before Him, *He gladly invites us*.

"...and Jesus raised His eyes, and said, Father, I thank You that You hear Me. And I knew that You hear Me always." John 11:41-42

IV. **Pray the word:** The Word is God's gift to mankind, a prayer manual for the believer.

- a. He has given us *guaranteed promises straight from His heart*, in the form of His word, the Bible. The release of His desires is often through prayer and declaration.
- b. Praying the word is a way to instill confidence that we are praying according to His word and will.

"So will My word be which goes forth from My mouth; It will not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it." Isaiah 55:11

V. **Pray in the Spirit:** This is another way to guarantee that you're praying the will and heart of God.

- a. Praying in the Spirit is instant connection with Holy Spirit, as you bypass your mind (the place of high traffic and reason) and human intellect (see 1 Corinthians 14:14).
- b. When we can't summons the words, Holy Spirit prays through us (see Romans 8:26-27)

VI. Pray with music: We are musical beings, and our hearts come alive with melodies and tones.

(Elisha said) *"But now bring me a minstrel. And it came about, when the minstrel played, that the hand of the Lord came upon Him."* 2 Kings 3:15

- a. Music causes our mind and heart to open up to the environment we are in. God is a musician and the mystery of music is in the being of God.
- b. The power of music is amazing. David knew the power of music—he would appoint singers and musicians to lead Israel into battle (see 2 Chron. 20:21); the ark was transported to Jerusalem with a fanfare of music (see 1 Chronicles 15); he appointed music and song before the ark to host night and day prayer and worship (1 Chronicles 16:4).
- c. Just as the book of Psalms shows us, prayer and praise were designed to go together. Revelation 5:8 tells us that the throne of God stands amidst music (harp) and prayers (bowls).
- d. Singing your prayers is a great way to stay engaged in your time, and is one primary way to strengthen yourself in the Lord.

"Sing for joy in the Lord, O you righteous ones; Praise is becoming (beautiful, comely, attractive, agreeable) to the upright." Psalm 33:1

VII. Journal your prayer times: Keeping track of your history in the Lord is a great way to collect the incense that's going up before the Lord.

- a. Highlight phrases and key verses that you receive during your time. Many times you will need to revisit those (see 1 Timothy 1:8).
- b. As you accumulate journaling in prayer, your heart will be encouraged by the things you hear and declare over time. This will only encourage you to *pray more!*

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Practicals Tips for the Secret Place



Although the “secret place” is more than just a physical place, it is wise and good to have tangible steps in walking out our love to Jesus in prayer and devotion. Below are some practical keys to growing in our devotion to Jesus.

1. Developing the Secret Place: Engaging with the Lord

“When you pray, go into your inner room... when you have shut your door, pray to your Father who is in secret... your Father who sees in secret will repay you” Matthew 6:6

a. Go into your inner room: Find a quiet solemn place

- i. Establish places to meet with the Lord—office, prayer room, etc...
- ii. SLOW DOWN and rid your mind of the rush. Elijah's are formed and transformed in the whispers of His voice.
- iii. Start early in the day, before the “activities” begin. David said “...early will I seek You” (Psalm 63:2). *I want to awaken the day, not have it awaken me.*

“Cease striving (be still) and know that I am God...” Psalm 46:10

- iv. Countless hours in the prayer room (secret place) was Joshua's preparation to lead the nation into the promised land (see Exodus 33:11).

b. Shut your door; In secret: Shut off any distractions

- i. Turn off any distractions such as phones, laptop, TV, etc...
- ii. When Daniel responded in urgent prayer, he “entered his house,” which means he “shut his door” (see Daniel 6:10).

“If the devil cannot make us bad, he will make us busy” -Leonard Ravenhill

- iii. Creating a place with minimal distractions will cause you to look forward to your times of prayer and mediation.

"The outward demonstration of power is developed in the secret place of prayer"

2. Praying Effectively: *Staying engaged with the Holy Spirit*

a. Prayer list

- i. Having a written prayer list can help *establish vision* for your prayer life.
- ii. Start your prayer list with simple, short phrases (easy prayers to remember). Example: *"Lord, You are beautiful. I come before You in thanksgiving and praise. Thank You for Your presence in my life."*
- iii. Pray Scripture-based prayer. Example: *"I thank You that I have a spirit of wisdom and revelation"* (**Ephesians 1:17-18**).

b. Prayer schedule

- i. Establishing your prayer schedule while things are *quiet* (early or late) can help steward focus.
- ii. David praised 7 times a day; Daniel prayed 3 times a day—they had rhythm in prayer and devotion to Yahweh (see **Psalm 119:164; Daniel 6:10**).

"When you've scheduled a time to pray remember this: you have a real appointment with the King of universe."

c. Pray with Thanksgiving and Adoration

- i. Begin and end your prayer time with thanksgiving. "Weave the blanket" of prayer with thanksgiving and adoration (see **Psalm 95:2**).

- ii. Use thanksgiving when you feel stuck—it's like a broom that sweeps the mind and clears the clutter.
- iii. Thankfulness also guards the mind and heart from stress and anxiety.

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God... the peace of God... will guard your hearts and your minds in Christ Jesus." **Philippians 4:6-7**

- iv. Cultivating thankfulness for where you're at will pave the way for increase in where you are going.

d. Pray the Word

- i. God has given us guarantee promises that He desires to answer: *"If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you"* (**John 15:7**).
- ii. Pray the Apostolic prayers: These are prayers that the (early church) apostles prayed for the different churches—that they would grow in wisdom, revelation of Jesus, purity, etc... (*Apostolic Prayers list is located in the Prayer Room*)
- iii. Pray the Psalms: Psalms is a book of praise and petition from David, Moses, Solomon, and other patriarchs of the faith.

"When we confess the truth of God's word, we don't speak to the air. We speak to a Person, the Holy Spirit dwelling in our spirit"

e. Pray in the Spirit

- i. Paul declared that he prayed in the Spirit more than anyone else, and the fruit in his life is stunning (see **1 Corinthians 14:18**).

- ii. Praying in the Spirit is an uninterrupted line to the Father—it is speaking directly to God: “*For anyone who speaks in a tongue does not speak to people but to God*” (1 Corinthians 14:2).
- iii. When you pray in the Spirit, you are building up faith (making deposits) in the inner man: “*...beloved, building yourselves up on your most holy faith; praying in the Holy Spirit; keeping yourselves in the love of God...*” (Jude 20).
- iv. Praying in the Spirit brings us into the will of God: “*In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God*” (Romans 8:26-27).

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The Art of Slowing Down



"Quiet your heart in His presence and pray..." Psalm 37:7 (TPT)

INTRODUCTION

- A. The beauty of the Christian life is not just that we are given authority to cast out devils or to heal the sick. Those things are great. It's not just that we are adopted into a beautiful family of diverse and redeemed individuals. The premier beauty of the Christian life, in my opinion, is that we are restored to intimacy with the Father. Once estranged and astray, we are now reunited with our Father in a beautiful expression of love. Where our hearing was once distorted and disconnected, we now have been given direct access to hear His voice.
- B. Nonetheless, to cooperate with the Father's voice, it takes work. *Holy Spirit has the ability, yet gives us the responsibility.* Cultivating the delight of hearing His voice requires downright discipline.
- C. Much like the all-star basketball player who loves to play the sport, discipline only becomes a means to enjoy the delight of basketball. If I were to buy my son a basketball, I would get most delight out of him utilizing the basketball—more than the actual basketball or the discipline he practiced to get better. My joy would be in the delight he has while playing.
- D. The practice of slowing down and quieting our hearts has everything to do with hearing.

HEARING AND DESTINY

- A. In the Word, we see that hearing the voice of God and our destiny are intricately connected. They go hand in hand, and the one cannot function without the other. No amount of human zeal will accomplish who we are or what we are called to do

—our living stems from the voice of our Beloved. We see this clearly in Matthew 16, where Peter hears the voice of the Father concerning His Son. When the veil of Father's voice is peeled back, the eager disciple leans in to hear a word of eternal value.

- B. What was Simon Peter's secret? It was found in the ability to hear. "Simon Bar-jonah's" name means *"He who hears the dove."* It was in the context of hearing where God entrusted nations' whole destinies. The gospel would be entrusted to *the apostle who had a hearing ear*. Simeon was the one who would hold the Son of God, dedicating Him to heaven's purposes.

It is the hearers who will be entrusted to carry the glory of God.

- C. Just as in **Acts 2**, it's the sound that releases destiny. When we hear the voice of our great Shepherd, our hearts come alive and we awaken to who we are in Him.
- D. **John 9**, Jesus deals with a blind man's sight and in **John 10**, He deals with a deaf religious group. One He raises up, while the other He rebukes. He heads straight to the system that hinders His voice from breaking through.

"Where there is no vision (prophetic revelation), the people are unrestrained, but happy is he who keeps the law." Proverbs 29:18

- E. It is true that we forfeit vision when we fail to acknowledge His voice. Man cannot live apart from His voice: *"It takes more than bread to stay alive. It takes a steady stream of words from God's mouth."* **Matthew 4:4** (Message) **Our sight actually comes from His voice**—we can't see unless He speaks:

"Then I turned to see the voice that was speaking with me. And having turned I saw seven golden lampstands; and in the middle of the lampstands I saw one like a son of man, clothed in a robe reaching to the feet, and girded across His chest with a golden sash." Revelation 1:12-13

SLOWING DOWN AND HEARING HIS VOICE

- A. The most counter-cultural thing you will do is slow down. In the high-speed chase of busyness, radical devotion to Jesus finds expression when we push pause and lean into His voice. *John the Baptist was a burning one not because of his words, but because of his silence.* He had mastered the art of slowing down and encountering Him in the wilderness.
- B. Mary of Bethany was one of the most radical disciples of her day. When she stepped into the room, she was entering a high-traffic area full of noise, human opinion, and ministry ambition. In the midst of such activity, she chooses the one thing—to sit and hear His words.

"Mary sat down attentively before the Master, receiving every revelation He shared." Luke 10:39 (TPT)

- C. Jesus quickly brings clarity to the situation, rebuking the disciples for their shallow thinking.

For the first century Jew, sitting at someone's feet did not bring to mind children sitting at the feet of adults listening to stories. Sitting at someone's feet meant higher, formal education. Jesus was known as a rabbi, a teacher. To sit at his feet meant that one was being trained as a disciple (Luke 8:35). Mary was not quietly sitting contemplating all Jesus said. She was in active training with the other disciples. This was an unusual activity for women. It was Martha, not Mary, who was doing what women were supposed to do: be good homemakers."

"With these words Jesus set the traditional belief of a woman's place on its head. Jesus turned the priorities of a woman's life upside down with his belief that women should learn the word of God. By placing the study of the word of God above the socially and culturally imposed gender role of homemaker, Jesus made it clear that a woman is greater than what she does. She has worth and dignity apart from childbearing. Her status is not dependent on her

relationship to a man or her role in society but is dependent on her relationship to God."

- D. Mary sat and heard the words of Christ, signifying the importance of the church's need to sit and hear—to embrace the one thing. We are that woman (the bride of Christ), created to live off the words of her Bridegroom. Just as Jesus was introducing a new idea (of women sitting at His feet as students), so now He is shaking the religious system—declaring it's time the bride of Christ to hear My voice, the voice of her beloved.
- E. This is why we must do as Mary did—we must **sat down attentively!** It's time we get out of the shade of mundane comfort and into the shadow of resting in His presence, and listening for His voice.

"We sacrifice for what satisfies. The soul-satisfying riches in the presence of God propel us out of our comfort zones, calling us out of the warm confines of our beds to our knees in early-morning prayer and meditation on God's Word."
G.K. Beale

KEYS TO SLOWING DOWN

- I. Embrace the awkwardness: Since our lives are custom to rush, there is a constant awkwardness when we choose to slow down. Many times we are distracted with "missing out" on fun or certain moments of gratification - thus, forfeiting the very thing we are called to.
- II. Embrace silence and meditation: Many times when we think about the secret place or developing a life of devotion, we imagine "talking to God" all the time. However, I have found that being silent in His presence is often more valuable than talking the entire time.

"Don't expect to have a renewed mind if you're spending 10 hours a day on Facebook and 5 minutes in the word of God." -Havilah Cunningham

When we sit down and slow down long enough, He allow Him time to remind our hearts of His desire to bring us close.

- III. Embrace resistance: If you give your life to the secret place, expect some push back. In fact, be surprised if you don't immediately experience it.

The first part of 2016, we experienced a huge snowstorm that kept us inside for a couple of days. It was showing no signs of letting up, so we decided to "purge" and clean our house, and according to my lovely bride, I was responsible for cleaning my office. It had been a long time coming and boy, did I dread it. But to have a clean office and a happy wife, it had to be worth it! So, I jumped in with both feet and discovered things I didn't know I had. I found year-old coupons, expired receipts, ancient documents, old pictures, and even an autographed CD from a great worship leader friend. After aggravated allergies and what seemed like an entire day, I felt like I had a new office. It even smelled better. I had allowed so much debris to pile up over time, that I didn't even realize it until I stood in the middle of my clean office. We must be intentional about keeping our time and schedules free of clutter. Over time, things can pile up and get out of hand. Whatever it is, we must intentionally keep our "offices" clean and free of clutter. The reward is a renewed confidence and fresh awareness.

In an age of many options, I believe one the greatest challenges is slowing down. The great enemy of the hour is simply noise. With everything at our finger tips and every form of communication being made more accessible, it is the struggle of every man and woman to find quality and quiet time. I've heard it (busyness) called "satan's favorite tactic." The question of this generation is not "can we find something to do," but rather "can we find someone doing the one thing?" In this age, there is so much to do, so much to see, and so many needs to tend to. However, the real question is, "Who will stay focused and intent on the very thing that's on His heart?" In the busyness of life, who will embrace the secret place? (from 'Prayer the Great Journey')

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

