

Whisper Pt 5. Win the Day

To win the day we have to decide how to start out day.
Reclaiming the daily quiet time with God.

Psalm 62

- 1 Truly my soul finds rest in God;
my salvation comes from him.
- 2 Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

Why have a daily quiet time?

- 1) Reason we do this is to establish a control room for your discipleship.
 - a. A dead thing can go with the stream, but only the living can go against it. G.K. Chesterton.
- 2) Your tank is being filled...by what? Carving out time to fill our tank with the stories and truth of God.
- 3) You need a morning winning of the day to establish Jesus as your primary coach, counsellor, spiritual director, friend, confidant and pastor.

Simple ways with how to deal with establishing this.

- 1) Just do something.
 - i. Go to the bathroom and lock the door for 5-15 minutes.
 - ii. Sometimes feel like nothing coming out.
 - iii. 'You don't have to feel anything.'
- 2) Make it regular. Humans are far more routine driven than we think.
- 3) Make it enjoyable.
 - a. Get a coffee.
 - i. Go to a café
 - ii. Back patio looking at the garden
 - iii. Good breakfast
 - b. This is a time of communing with God.
 - i. Jesus – date morning.
 - ii. God is totally happy if you are going to have a coffee.
- 4) God time-before phone-time.
 - i. John piper- for years 'they don't have the time to spend with God.' Social time has destroyed that myth. We spend so much time on social media.
 - ii. The phone has become our primary quiet time.
 - iii. 85/86% First thing when wake up – grab phone.
 - iv. A huge part of winning this battle is God time before phone time.

Helpful aspects of a quiet time

1. Bible/Bible Plan

We don't just read scripture, scripture reads us.

2. Spend time in prayer and praise. What are you thankful for today?

3. Ask Soul Questions

Each day ask your soul something to make the word of God come alive in you.

For example John Wesley's Discipleship Questions:

- 1) Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
- 2) Am I honest in all my acts and words, or do I exaggerate?
- 3) Do I confidentially pass on to another what was told to me in confidence?

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- 4) Can I be trusted?
- 5) Am I a slave to dress, friends, work, or habits?
- 6) Am I self-conscious, self-pitying, or self-justifying?
- 7) Did the Bible live in me today?
- 8) Do I give it time to speak to me everyday?
- 9) Am I enjoying prayer?
- 10) When did I last speak to someone else about my faith?
- 11) Do I pray about the money I spend?
- 12) Do I get to bed on time and get up on time?
- 13) Do I disobey God in anything?
- 14) Do I insist upon doing something about which my conscience is uneasy?
- 15) Am I defeated in any part of my life?
- 16) Am I jealous, impure, critical, irritable, touchy, or distrustful?
- 17) How do I spend my spare time?
- 18) Am I proud?
- 19) Do I thank God that I am not as other people, especially as the Pharisees who despised the publican?
- 20) Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
- 21) Do I grumble or complain constantly?
- 22) Is Christ real to me?

Psalm 63

A psalm of David. When he was in the Desert of Judah.

1 You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.

2 I have seen you in the sanctuary
and beheld your power and your glory.
3 Because your love is better than life,
my lips will glorify you.
4 I will praise you as long as I live,
and in your name I will lift up my hands.