

Sermon Series: Intentional Disciples—Purposeful Discipleship—Lord of Life Lutheran, Westfield, IN—3/26/06

Title: “Quiet Time with God”

Text: Psalm 46: 10 (1-11)

Intro.: Ills.: Lenten Stillness

Theme: The spiritual discipline of quietness before the Lord is not so much about the place or exterior circumstances of our life as it is about living out the peace of Christ which has been established within our hearts.

Being confident enough in God to “Be still” (Print and read Ps. 46: 1-3)

- If you are living in the tomb of fear, stop your clamoring and come out of it
 1. Stop being dead in your slavery to fear – Jesus may be saying to you “Lazarus arise”
 2. Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death--that is, the devil--and free those who all their lives were held in slavery by their fear of death. Heb 2:14-15
 3. Are you willing to let go of the familiar fear and to trust Jesus to be made your refuge/strength?
- Leave your life with God and don't put another thought toward it
 1. **Ills.: Y2K food stash saves family in stranded motor home**
 2. It is not an under duress or an “oh well, I'll give that a try” but a peaceful calm that Jesus still is the answer
 3. When you let go of the outcome, then Jesus allows the result to come back to you in ways unimagined

Be still because “God is with you.” (Print and read Psa. 46: 4-11)

- Our world is a noisy place which distracts us for quieting our spirit and listening for God (6)
 1. We become caught up in receiving and giving the noise of the world in which we find no rest
 2. **Ills.: Turning to Panic Rooms for Security**
 3. In what earthly security have you put your trust which is actually turning up the noise in your life? (investments/regiment; child(ren), job, health, entertainment)
 4. The only way to be truly begin to quiet down your life is make choices to simplify, lay down, and resist picking up
- Practicing the “***Immanuel Principal***” in our lives
 1. *The Lord Almighty is with us (vs. 7, 11) — God, your Savior, is with you and won't abandon you now*
 2. Calm yourself in the crisis and ask the question: “Does God still live and is he with me?”
 - a. Much of our clamor and complaint comes from not “being in control”
 - b. *Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” Josh. 1: 9*
 - c. Jesus still lives and is with us and will champion and deliverer us, but that means we must let him be Lord
 - d. *Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us. 2 Cor. 1: 9-10*
 3. Be content with God's joy rather than seeking the worlds happiness (vs. 4)
 - a. *I have told you this so that my joy may be in (with) you and that your joy may be complete. John 15: 11*
 - b. *Come and see the works of the Lord. (vs. 8)*
 4. Regularly seek to be “with God” where he rests (*dwells*) (vs. 5)
 - a. *My foot stands on a level place; in the congregations I shall bless the Lord. Psalm 26:12*
 - b. God wants to give us “rest” with both produces quietness in and calls for quietness response from us
 5. Let God declare an armistice day – stop what is stealing the peace/quiet in your life (*Quit “striving/warring” 9-10*)
 - a. **Ills.: Warfare stops here!**
 - b. Quit warring with yourself (*with guilt and law driven perfectionism*)
 - c. Quit warring with others (*You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. James 4: 2*)
 - d. Be made at peace with another with whom you are at odds with Jesus in you (*He also brought them back to God in one body by his cross, on which he killed the hostility. Ephes. 2:16*)

Lenten Stillness

At my house, the TV is off. It will be until Easter. The first time this happened, it was unintentional. Some years ago, a few weeks before Easter, a burglar took some odd pieces of jewelry, a shirt my cousin gave me for Christmas, and my VCR. Worse, he took the adapter for the cable box. The antenna reception on the TV was bad, so I turned it off until I could get a new adapter. I was busy with seminary and all the stuff of Easter anyway. Holy Week was quiet that year. I'm from a tradition that doesn't give up things for Lent. In fact, we often pick up the vices others lay down (barbecues on Friday). So when I told my wife I would watch no TV for six weeks, she laughed. She knows I love TV. I worked in TV. I programmed TV. I eagerly tacked onto the busiest workday a full night's channel surfing. My wife long ago surrendered the remote to me. But, good sport that she is, she was now willing to give up TV altogether, for my sake. I must confess nagging doubts in the days before our first intentional media blackout. I would miss March Madness. Voyager might reach home without me. Everybody loves Raymond—except me. Nevertheless, after the late news on Mardi Gras night, we closed the doors on the TV cabinet and entered Lent in silence. St. John of the Cross uses the phrase "my house being now all stilled." He refers to the stillness of his spiritual house in which the soul lives without words. In my case, the stillness must come first in a literal sense. My den is stilled before my soul is stilled. In this stilling, we go to sleep a little earlier, we read more carefully, we talk more deeply—when we choose to talk. By Holy Week, we are ready for Christ to break our silence however he chooses. If we make room by our silence, the Word will resound. **Eric Reed, "Chocolate? No, TV: Our Unusual Lenten Fast" LeadershipJournal.net (4-4-01)**

All Six Members of Missing Oregon Family Found Alive After 17 Days Wednesday, March 22, 2006

MEDFORD, Ore. — Dehydrated food bought in anticipation for a Y2K shutdown and melted snow kept a family of six alive for more than two weeks in their snow-trapped recreational vehicle in remote southwestern Oregon, the family said Tuesday. . . . The six left Ashland on March 4 for a trip across the mountains to the coast that normally takes a couple of hours. Officials had earlier said the six had apparently taken a shortcut, instead of taking the well-traveled Route 199 to the coast, and then gotten stranded in up to 5 feet of snow. . . . A snow machine was sent to pick them up. They were found about 14 miles west of Glendale, a town of fewer than 900 people along Interstate 5, about 80 miles north of the California border. **The Associated Press contributed to this report.**

Turning to Panic Rooms for Security

According to ABC news, panic rooms are not just in the movies. Security companies regularly install what they refer to as "safe rooms." Most requests come from wealthy families or celebrities who fear being targets of kidnaping, stalking, or home invasion. It is estimated there are thousands of such rooms in Bel Air and Holby Hills in Southern California. "Safe rooms" can be as simple as oversized closets with reinforced doors, a phone, and a fridge. They can also be extravagant secret rooms with video banks, computers, and air systems that protect against biological warfare. According to Bill Ridgon, an executive with Building Consensus (a Los Angeles company that specializes in safe-room construction), the requests for elaborate security systems have increased since the terrorist attacks of September 11th. **Source: "What's Inside a Real-Life Panic Room?" ABC News.com (Accessed 4-2-02); submitted by Greg Asimakoupoulos, Naperville, IL**

Warfare stops here!

I've been told that there are places in Europe where you can sink a spade into the earth, and in just two or three spadefuls of earth, you can dig up prehistoric artifacts and also bits of metal from much more modern times. In one spadeful of earth you might come up with a flint fist hatchet, which was used in prehistoric times to crush the skull of an enemy, and in that same bunch of earth, you will also find a bit of shrapnel from some shell fired during the Second World War. Crushing the skull in the one instance, blowing a person to bits in the other--that is a kind of parable of the history of humankind, isn't it? War after war after war. The absence of peace. **Bruce W. Thielemann, "Hark! The Herald Angels," Preaching Today, Tape No. 63.**

Psalm 46:1-11

¹God is our refuge and strength, an ever-present help in trouble.

²Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

³though its waters roar and foam and the mountains quake with their surging.

⁴There is a river whose streams bring joy to the city of God, the holy place where the Most High dwells.

⁵God is within her, she will not be made to fall; God will help her at break of day.

⁶Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

⁷The Yahweh Almighty is with us; the God of Jacob is our fortress.

⁸Come and see the works of the LORD, the desolations he has brought on the earth.

⁹He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.

¹⁰"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

¹¹The LORD Almighty is with us; the God of Jacob is our fortress. [NIV]