

*Ordinary people "continually praising" an extraordinary God*

The other side of the coin is becoming too busy or because our normal schedule has changed, we become distracted during our devotions.

Today's inspiration comes from an article written by **Lori Hatcher** for Crosswalks.com



One winter, The National Weather Service in Miami issued an unofficial warning for falling iguanas due to the unusual cold snap that hit the Sunshine State. "This isn't something we usually forecast," the weather service tweeted, "but don't be surprised if you see iguanas falling from the trees tonight as lows drop into the 30Fs and 40Fs."

When the cold-blooded reptiles' body temperature drops to fifty degrees, they become lethargic. Below forty, they stiffen up, lose their grip on the trees where they live, and drop onto unsuspecting passers-by. I've never seen a frozen iguana, —but I have seen the effects that cold has on people's spiritual lives.

### **The Danger of Spiritual Coldness**

Spiritual coldness can be deadly. Like the iguanas in Florida, it has the power to sneak up on us, with disastrous results.

Busyness can squeeze out our times of Bible reading and prayer. A change in work schedule (or an international pandemic) can make church attendance difficult. Even happy events like a new relationship, a new home, or a new baby can distract us from the habits and routines that govern our spiritual lives. Our spiritual temperature drops, and we grow stiff and lethargic. We lose the desire to spend time in God's Word and with God's people. We're less likely to give and serve. We justify our lack of spiritual energy. *These are difficult times. I'll spend more time with God when things get back to normal.*

losing your grip and taking someone else down with you? Then it's time to make a change. Here are 10 **ways to renew your quiet time with God and get your spiritual blood pumping again.**

### **1. Spend Time with God First**

**DEVOTIONAL**  
*His Refreshing  
Every Morning*

*As you spend time with  
God today, let His life  
giving spirit refresh your  
weary soul*

Matthew 11:28  
Come to Me, all you who  
labor and are heavy laden,  
and I will give you rest.

Most mornings, I climb out of bed, grab my cell phone off its charger, and head into my study to read and pray. I've discovered, almost without fail, if I open my

phone for even an instant, I get sucked into the rabbit hole of texts, emails, and social media. Before I realize it, 20 minutes have gone by, and I haven't even cracked the cover of my [Bible](#). I've wasted precious time I could have spent with God by scrolling through stuff that has no eternal value.

The great hero of the faith and champion of prayer E. M. Bounds said, "The men who have done the most for God in this world have been early on their knees. He who fritters away the early morning, its opportunity and freshness, in other pursuits than seeking God will make poor headway seeking Him the rest of the day."

### **2. Invite God's Presence**

Many times, I approach my quiet time the same way I would any other item on my to-do list. I plop down, throw open my Bible, and dig in. I don't quiet my heart. I don't acknowledge that I'm entering the presence of the living God. I don't invite the Holy Spirit to speak to me. I just start reading. Or talking.

But when I *quiet myself* as I enter God's presence, a holy hush falls over my soul. When I begin my time by praising God, my upended world rights itself. When I ask the Holy Spirit to open my mind, search my heart, and examine my life, God tenders my spirit and makes it more receptive to what I'm about to read. Instead of just another item on my to-do list, my quiet time becomes the most significant and beautiful part of my day.

### 3. Read from a Different Bible

Choose a different translation, or a new way of reading. I love the *MacArthur Daily Bible*, where, every day, I read a portion of the Old Testament, a portion of the New Testament, and a Psalm and Proverb. This year, however, I've read *The Chronological Study Bible*.

I may try *The Archaeological Study Bible* next. Every new translation gives me fresh insight and helps me grow more excited about God's Word.

### 4. Listen to the Bible



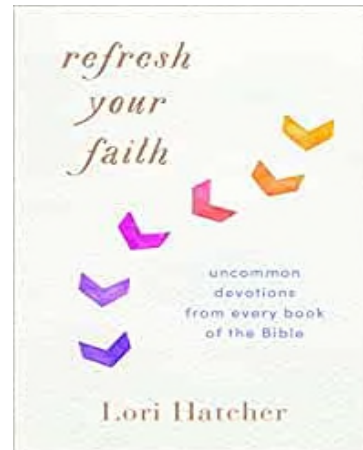
Some days I use a Bible app to listen to different translations and readers. Hearing God's Word read aloud often gives me fresh insight. I catch emphasis and repeated words

I would otherwise miss. Different translations have different readers, so find the one that resonates with your spirit.

I exercise every day. I also want to spend time in God's Word every day, so I often combine the two. I lace up my walking shoes, stuff my earbuds in my ears, and click play on a passage of Scripture. I can listen to whole books of the Bible during my 45-minute walk or listen to a shorter book several times. By combining these two important disciplines, I grow stronger physically and spiritually.

### 5. Use a Different Devotional

If you always read Charles Spurgeon's *Morning and Evening*, read Oswald Chambers' *My Utmost for His*



*Highest*. If you love *The Upper Room* devotions, try *Our Daily Bread*. If you haven't read my new book, *Refresh Your Faith, Uncommon Devotions from Every Book of the Bible*, I'd love for you to grab a copy.

### 6. Pray Using a Different Method

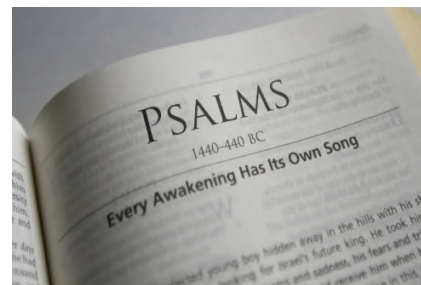
Do you normally use the ACTS (Admit, Confess, Thanks, and Supplication) way? Use the Lord's Prayer as a model instead. If you pray with a list in a prayer journal, go off script and invite God to bring people and situations to your mind and allow Him to direct your prayer time.

Or pray for missionaries and ministries one day; family members the next; and friends, associates, and strangers the next.

### 7. Meet with God in a Different Place

If you usually sit in your recliner in the den or read your Bible in bed, go somewhere else. Weather permitting, find a quiet spot outdoors, read in your car at lunchtime, or listen to a Bible app while folding laundry. It's amazing how a change of venue can open your heart and mind to things you've never noticed.

### 8. Pray the Psalms



The book of Psalms contains some of the Bible's most personal and gut-wrenching words. Some psalms are songs of lament.

Others are songs of praise. Some are historical testimonies of God's work in the world.

When I feel especially disconnected from God, I [use the psalms as a prayer guide](#). I pray them back to God and personalize them in appropriate ways. [Psalm 51](#) is one of my favourites:

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you” ([Psalm 51:10](#), [Psalm 51:12-13](#)).

## 9. Ask Questions

Some of my most energizing and dynamic quiet times happen when I engage the Bible (and the Author of the Bible) by asking questions. Four of my favourites are:

Who was this written to (original audience)?

What is the primary message (interpretation)?

How does this apply to my life? What is God saying to me (application)?

If this is true (and it is), what needs to change in my life in response (action)?

## 10. Persevere

I’ve practiced a daily quiet time with God for more than two decades. During those times, I’ve experienced soul-soaring moments that linger with me to this day. Other times I’ve struggled through like I was studying for an Algebra test.

Regardless of how I felt, God has rewarded my commitment to spend time in [prayer](#) and His Word. Building the habit of a daily quiet time into my life and persevering until it bore fruit has paid rich dividends. As with any habit worth cultivating, we do it whether we feel like it or not because we know the benefits will follow.

As I’ve persevered in God’s Word, I’ve found rich caches of peace, wisdom, and strength I never would have found if I’d quit when it wasn’t always engaging. The more familiar I’ve grown with God’s Word, the more I’ve come to love it. Even better, as I’ve learned to love God’s Word, I’ve fallen madly in love with the God of the Word. I’m so glad I persevered!

Physical coldness can damage crops, ruin landscapes, and freeze iguanas. Spiritual coldness can damage our witness, ruin our families, and freeze our spiritual lives.

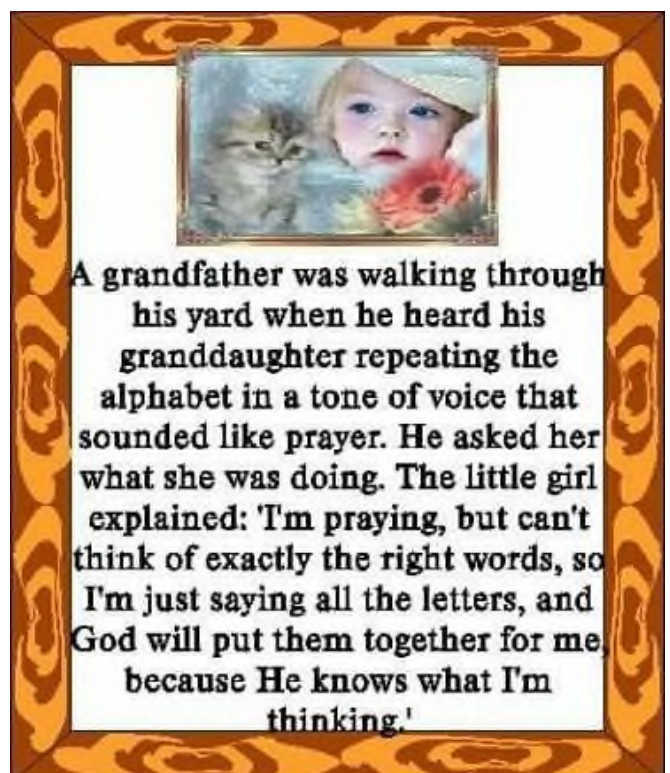
Because spending time in God’s Word and prayer is crucial to maintaining our relationship with God, we want to do everything we can to keep our quiet times fresh. Instead of slipping into spiritual hypothermia, we

can employ creativity, prayer, and perseverance to keep our spiritual blood flowing.



**Lori Hatcher** is a pastor’s wife who lives delightfully close to her four grandchildren in Lexington, South Carolina. To fight spiritual boredom and provide a fresh resource for quiet times, she

wrote [Refresh Your Faith – Uncommon Devotions from Every Book of the Bible](#) (Our Daily Bread Publishing)



## BIBLE TRIVIA

1. How many people boarded Noah's Ark?

Answer:

2. How many days and nights did Jesus fast for?

Answer:

3. Which prophet is known for turning his rod into a bronze snake?

Answer:

4. What is the holy trinity?

Answer:

5. What did Joshua command to stand still?

Answer:

{ Answers Next Week }

## WEEK TWELVE ANSWERS

1 Who took Jesus's body off the cross?

Answer: Joseph of Arimathea,

2 Who is the first apostle to deny Jesus?

Answer: Peter

3. Which Gospel is written by a doctor?

Answer: Luke

4. Which group of people are righteous enough to inherit the Kingdom of God?

Answer: The Gentiles.

5. What is the name of the village where Christ turned water into wine?

Answer: Cana of Galilee.

## RECIPES

### Muffin-Tin Quiches with Smoked Cheddar & Potato

#### Ingredients

2 tablespoons olive oil  
1 ½ cups finely diced potatoes  
1 cup diced red onion  
¼ teaspoon salt  
8 large eggs  
1 cup shredded smoked cheese  
½ cup milk  
½ teaspoon ground black pepper  
1 ½ cups chopped fresh spinach



#### Directions

Preheat the oven 160 C. Grease a 12 cup muffin tray. Heat oil in a medium fry pan. Add potatoes, onions and ¼ teaspoon of salt. Cook, stirring until potatoes are just cooked through, about 5 minutes. Remove from heat and let cool for about 5 minutes.

Whisk eggs, cheese, milk, pepper and the remaining ½ teaspoon salt in a large bowl. Stir in spinach and the potato mixture. Divide the quiche mixture among the prepared muffin cups.

Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing from the tin.

Tips

To make ahead: After cooking, individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month.

To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

\*\*\*\*\*

## MUSIC

By Our Love by for KING & COUNTRY

<https://youtu.be/d9zoq3k-3K0>

### CAMPFIRE LUNCH TODAY

At Alan Dougherty's, 291A Brooman Road MORTON. Meet at 10.30 cnr Brooman Rd and Woodburn RD.