

A person is standing on a snowy mountain peak, looking out over a vast sea of clouds. The sky is a mix of orange and blue, suggesting a sunset or sunrise. The person is wearing a dark jacket and a backpack. The overall scene is serene and majestic.

# HEARING GOD'S VOICE



# Getting Still



# Habakkuk 2:1-2

I will stand at my guard post, and station myself  
on the watchtower;



# Getting Still

- Habakkuk knew how to go to a quiet place.
- This is Key #2. Going to a quiet place and learning to quiet ourselves in the presence of the Lord.



# Getting Still

Getting still isn't just about not moving, but quieting our life and surroundings so we can focus!



# Jesus and the quiet place

## Matthew 3

He went to the desert right after His baptism.

## Mark 1

A marathon first day on the as the messiah-

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place [eremos], where he prayed.



# Jesus and the quiet place

In Luke, Jesus went to his quiet place no less than *nine* times.

In Luke's gospel, you can chart Jesus' life along two axis points: the busier and more in demand and famous Jesus became, and the *more* he withdrew to his quiet place to pray.



# 1) Remove all outer distractions

- Habakkuk went to a guard post.
- Jesus went to a solitary place to pray
- Elijah was alone in a cave

Find what works best for you.



## 2) Dealing with your physical body

- Your body can be a distraction.
- Finding a position that is comfortable that will not cause your attention to be divided.



## 2) Dealing with your physical body

- 1 Chron 17:16, "Then King David went in and sat before the Lord, and he said: "Who am I, Lord God, and what is my family, that you have brought me this far?"



# Quieting your inner man

Quieting the outside distractions

Quieting the voice of guilt

Use gratitude to purge out all the negative thoughts and feelings



### 3) Quieting your inner man

Heb 12:2, "Fix your eyes on Jesus"

If I have decided to fix my eyes upon Him, and see myself clothed with His righteousness, I then discover myself being drawn into His presence.



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