

Part Four: The Way Ahead

Session 24

Keeping Your Soul Quiet

Our souls will be quiet when we practice heeding the Master's call to "come to me" and to "learn from me." That involves several components we have looked at through this series.

A. Maintaining a Quiet Soul Requires a _____

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is [tailor-made], and My burden is light." (Matthew 11:28-30)

1. Any attempt to solve life's problems apart from _____ will result in failure.
2. Anything we turn to in order to make life work is another "_____"—a competing god.
3. Matthew 11:28-30 is an invitation of a loving Master to be a continued Savior to His people. He wants us to come to Him so that He can show His strength in our weakness.

B. Maintaining a Quiet Soul Requires _____—the Discipline of Meditationⁱ

"Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls. But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does. (James 1:21-25)."

1. Meditation requires _____—"one who looks intently at the perfect law, the law of liberty."
 - a. Activity: "looks" (parakupto)—"*one who looks intently at the perfect law.*"
 - b. Object: the Word of God—"the perfect law, the law of liberty"
 - c. Goal: changed lifestyle—"an effectual doer"
2. Meditation requires _____—"and abides by it, not having become a forgetful hearer but an effectual doer."
 - a. Continue until what you study is permanent—"not having become a forgetful hearer."
 - b. Continue until what you study is productive—"an effectual doer."

C. Maintaining a Quiet Soul Requires _____

"Discipline [train] yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come (I Timothy 4:7b-8)."

1. Growth in godliness is _____, not accidental.
2. We must do certain thing on _____—things that will promote godliness.
 - a. Paul's illustration in I Timothy 4:7 is from the "_____."
 - b. If you are going to "get in shape" physically, you must exercise—train yourself in certain disciplines.
 - c. If you are going to "get in shape" spiritually, you must exercise—train yourself in certain disciplines.
 - 1) _____ the Word—warm up
 - 2) _____ the Word—stretching
 - Read one chapter of Proverbs and then pick a book of the Bible to study: Philippians, James, one of the Gospels. Ask your pastor to recommend a good commentary.
 - Read through the New Testament while studying every note in a good study Bible: MacArthur, Ryrie, Life Application Bible.

- 3) _____ the Word—from Proverbs each day or the book of the Bible you are studying
 - 4) _____ the Word—make sure you are faithfully attending a Bible-preaching church.
 - 5) _____—carry tracts with you; ask God for opportunities of witness.
 - 6) _____—learn to worship God and petition God in your prayer life.
3. You must see how important _____ is to anything productive—physically or spiritually.
- a. Have a _____ routine—get up at a prescribed time; meet the Lord; read; pray; meditate.
 - Listen to sermon tapes or CDs while you exercise, get ready in the morning, or drive to and from work. They provide another opportunity for saturation.
 - b. Have an _____ routine—get to bed early enough to be refreshed when you meet the Lord in the morning (determine your bedtime by your morning requirement).
 - c. Have a _____ routine.
 - 1) Avoid activities that will undo everything you have been working on during the week spiritually.
 - 2) Make sure you are in a Bible-preaching church on Sunday.
 - d. Have a _____ routine.
 - 1) Find a regular opportunity of ministry service—youth ministry, nursing home service, children’s ministry, music ministry, church visitation, teaching the Bible, etc.
 - 2) Carry tracts in your car and in your purse or pocket.
 - e. Have a _____ routine.
 - 1) Read Christian books and attend annual marriage conferences, missions conferences, evangelistic services, Christian life seminars, and men’s or ladies’ retreats.
 - 2) It is easy to drift spiritually unless you benchmark your Christian life and marriage against the standard.
 - Don’t ever scorn _____—it is the flywheel (the conserving power) behind anything productive.
4. You must see that any kind of exercise requires _____—I Corinthians 9:23-27.
- a. To discipline [train] yourself for godliness, you must have a mindset of subordination.
 - b. Subordination (making your body your slave) requires that you understand the place that order must have in your life. An undisciplined person’s life is disorderly.
 - Understand that God is a God of order.
 - 1) The created order gives predictability and stability to creation.
 - 2) The ceremonial and civil laws show God’s penchant for orderliness.
 - 3) The commands of God are statements of His order.
 - 4) You cannot be godly and live a dis-orderly and chaotic, haphazard life. Remember, **growth in godliness is intentional, not accidental.**

CONCLUSION: To maintain a quiet soul, you must have a

_____, _____, and _____.

Keep on keeping on because our God is more than enough for us!

ⁱ Caution: Biblical meditation is not at all like that which is encouraged by Eastern mystic religions or New Age human potential and creativity movements. These teach that one must empty his mind or focus on himself to discover his hidden potential. These ideas are never taught anywhere in the Scriptures and have nothing in common with biblical meditation.