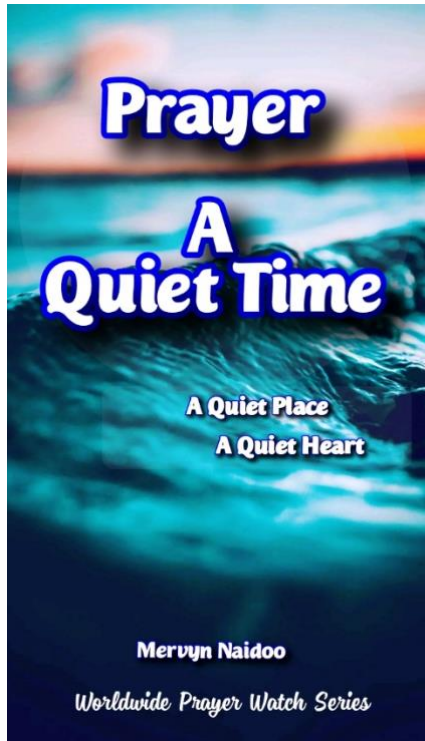


Worldwide Prayer Watch Series







**A Quiet Time, A Quiet Place, A Quiet Heart**

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- ALL SCRIPTURE QUOTATIONS FROM THE NEW INTERNATIONAL VERSION UNLESS OTHERWISE STATED

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## ● What is Prayer?

The life of Prayer is one that requires much faith. With faith comes much work. ***In all of this, the believer must understand that Prayer has God's Design written all over it.***

With all things of God Prayer must be seen as God sees it. For too long we have assumed and shown stubbornness to that related to and revealed in the spiritual realm. ***The reason is simple, for we have refused to see things the way God would have us see it.*** The life of Prayer can not continue consistently without us knowing, what Prayer is. Although Prayer may begin with faith there must still exist an understanding of this calling from God.

***Our understanding of Prayer and as God sees it will only grow by our obedience.***

And so we have the Prayer by faith and knowing what prayer is.

The decision to Pray and the consistency of it make Prayer the most important decision for the church. ***It is important that we do not leave praying to be something that we expect to come to us like some fallen thing from heaven.***

The believer must learn and follow the essentials to this great task. It must be that which we give our heart and soul too. ***If prayer is hearing from God, then shouldn't this be the greatest of all tasks? Just as breathing is to continuous living so must Prayer be to the life of each believer.***

When Prayer is well understood, so to are the devices and plans of the evil one!



In praying well, it becomes known of the enemy's' age old plan to destroy the church. Any wonder why the mandate is to help the believer not to neglect Prayer . When we Pray we are then able to see more clearly. The Believer receives from God. This is the advantage he has in coming to God first. Herein also lies the Believer's understanding of the force levelled against Prayer. That which sustains the Believer in the midst of much attacks, is His knowledge and willingness to follow the ***essentials to effective praying***. Like medication that must be followed properly or some holy custom that must be adhered to, the Believer must also hold on to the knowledge that Prayer brings. Here he learns the essentials of true Prayer.

The Believer must know that he cannot afford to walk this earth with any spiritual negligence in his relationship with the Lord.

The Believer cannot pursue the physical or the emotional if his spiritual house is not in order. This pertains especially to Heavenly matters. The same goes for our recovery from anything in the physical and emotional. God is concerned about our management thereof. ***Prayer is that which has been initiated by God.*** The origin of Prayer lies with Him and not man. He is the One who first thought of it for man. Man has no claim of knowing about Prayer before God did. The concept of Prayer belongs to God. It is His pathway to know the heart of man, but more so that man may know His. It is God that has intended it and it is Him who so desires it most.





His People must now simply come to Him in Prayer. The Church has a duty to fulfill. There is a desire from God and the Church must now Pray! The call to Pray has gone out a long time ago. If man were to initiate Prayer, it would be long time in coming and would never have the right motive in place. **‘Come unto me and I will give you rest.’** It is the duty of the believer to now take that initiative.

## ● The Decision to Pray

The decision to Pray is an important one. In fact to decide on the matter of praying will see many Pray. For a large part many of us do not Pray simply because we have not purposely concluded that we will Pray. This decision is one of the most important that the Believer will ever make. Having made a decision to Pray sets the course for us to Pray. Decision is what sets all things in motion. Solomon may have been synonymous as the one who built the temple yet his father David was the one who had it first, in his heart to do so. It started with the desire in David's



heart even though God had his son Solomon build it. God blessed David and the initial provision came from him.

**‘The house to be built for the Lord should be of great magnificence... Therefore I will make preparations for it.’ 1 Chronicles 22.5** David had ordered the work to begin on temple. **‘...Now begin the work, and the Lord be with you.’ 1 Chronicles 22.16**

Decision gets things going. And in making the decision the pathway emerges for completion. For the believer however there is an element of trust that goes with decision. It is when we make a decision like this that God then aids us along the path already mapped out by Him. It is also a confirmation from the Lord for two things:

We will be guided by His Spirit. **John 16. 13** says **‘But when He, the Spirit of truth, comes, He will guide you into all truth’**.

Having made a decision, we as Believers then have an advantage, for through faith are we rewarded with confidence that we will make it through. **Genesis 22.5** is significant of this as Abraham is on his journey to offer his Promised son as a sacrifice. **“Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.”** The confidence of Abraham returning with his son was rooted in his faith and knowledge that God will Provide.



We must make that firm decision that we will Pray. ***Prayer is a continuation of what we have after we leave earth. If we are able to communicate well with God here we will certainly be able to further that communication that begun here on earth. Our communication with God never comes to an end. Earth is a good place to start.***

Firstly, ***all*** Believers are called to Pray. And the Believer must know that he has little or no relationship with God if he does not pray. Many are perhaps waiting to be '*led to Pray*'. That hour or day never comes for most, ***simply because God leads when one first takes the initiative to Pray. As we Pray, we are led! The promptings of the Spirit is always there. One must make that decision to Pray. It is then that God steps in to lead us.***

The word *'lead'* is for *one to show the way*, it is *to guide and direct in the manner* we are going. The word initiate though means *to begin*. God has already begun this process of Prayer. God offers Prayer to us and we are then called to take up this offer. It is our duty to **'continue instant in prayer'** Romans 12.12

***When we take that initiative to pray, God then leads us in the manner of 'how to Pray'***. The believer must be willing to hear from God. The decision to Pray lies with us. Many are waiting for a directive from God to start praying yet neither the day nor the hour presents itself. We must understand that the Lord has already spoken. We must show to God that we desire to be drawn away from the affairs of the world that has so gripped us.



***It is never the character of the Holy Spirit to force or impose upon us anything.***

There are however many things that burdens the Holy Spirit. Gods' Word tells us that the Spirit of God grieves. That which grieves the Lord is given to man to Pray back to Him. This is Gods' order of things. ***If man desires to see this burden removed then the burden must be given back to God. That is the purpose of Prayer.*** The burden that Jesus had, was given back to the Father through Prayer. ***Only a man who Prays can be trusted with the burdens of the Lord.*** Are you a man or woman who can be trusted with the burdens of the Lord? Can you remain still before God for Him to speak? If so, God shall reveal to you His heart for a neighbor, a nation and or His Church.

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It starts with a little. The more faithful we are with little the *more* will be entrusted upon us by the Lord. The key is to show to God, our concern for others and not be selfish in our praying. It starts with the decision of the Believer.

There is much that God is concerned for. Do you know what they are? How many people can you immediately start praying for? This is what pleases the heart of God. When He sees a man or a woman who is willing to be *'led'* to Pray – through their firm decisions and already active Prayer lives – God will then gently nudge them to take on the things pertaining to His perfect Will. That is the man whom God can trust to bring to Him that which is important to His heart.





For many of us we have failed to recognize and be sensitive to this **gentle act of persuasion by the Holy Spirit.** The result has been a neglecting in our communication with the Father and what He is saying to us **now!** ***God still speaks, always confirming His Word through His Holy Spirit.***

**‘When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.’ (John 16:13)** The writer of the book of Romans understood this well and was very much aware of how we can become insensitive to the call to Pray. The activity of daily living is one of the main culprits.

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In fact we are more hard pressed to perform other duties that steers us away from praying. It is absolutely important that we are not engaged in more activities and in so doing place more emphasis on those acts without Intimacy with God. ***Over the years various activities in the body have been just cover ups initiated by the enemy to stop the people of God from praying.*** The enemy knows fully well that if the Believer were to be more active in praying, by arming himself in Prayer and moving ahead together, more harm would be done in strategic areas of his kingdom than years before. No matter what the day holds for us unless we are going to be sensitive to the leading of the Holy Spirit in this regard nothing will change.



Our response to being **'led'** to Pray must be taken seriously if not we will not be used of God.

***Any disobedience to Pray reveals to God that we can not be burdened with that which grieves Him.*** The person who is led is the person who can be trusted by God. Many of us will be tested in this matter as believers. To **'Continue instant in Prayer'** **Romans 12.12** means we are to be steadfast and unwavering when it comes to Prayer. We must have a determined purpose to Pray. We must have our heart and mind set on the Will of God. This is an encouragement to God's people to respond immediately to the call to Pray and not leave it for later. ***For 'later' never comes nor does the anointing that was initially present when we were initially being nudged and gently persuaded to hear what God was saying then.***

The Bible says that the **‘Kingdom of Heaven is taken by force’** this is so because the heart of man is stubborn and self pleasing. Man must make that firm decision that he desires what God has and not what the world has to offer.

The only way that the heart of man can be drawn away from the things of the flesh is for the heart to settle that it desires what is Heavenly. The heart of man must be willing and mindful of the completed works of God for him here on earth. In other words the heart of man must be fixed on Heaven. Man must vow that he will settle for nothing less. It must be resolved that no matter what earth has to offer and how attractive or good it may be – Heaven will still be the first and only choice that man will make.



**John 7.63 – 64** says the following **‘It is the spirit who gives life, the flesh profits nothing.....But there are some of you who do not believe...’** That firm decision that I speak of will mean that we will have to stand in faith without wavering.

When we go to God in Prayer, we are helped not only in us receiving what we ask for but we are also helped to stand whilst our table is being prepared. Prayer is therefore all encompassing. By this I mean that Prayer helps us to wait on God, Prayer helps us to fight the good fight and also helps us not to be sluggish. It helps us to gain peace even before we receive what is ours in Christ. Prayer goes even further by helping us to use what has been given. ***For God to release that which is in Heaven, He must first see that the heart is willing to have what heaven has to offer.***

If God had to force on man that which is in Heaven, it would violate a principle of God which is the ability given to man to choose. As children of God we are never forced but may be gently persuaded to do what God desires of us. This gentle nudging comes through the leading of the Holy Spirit. The more we are found praying the more we become sensitive to the leading of His Holy Spirit. Hopefully you will be led by the Spirit to know more of Him and His plans for your life here on earth today. ***The more time we spend in Gods' presence the more familiar we are with His voice and His leading.*** This time with God is a time of Prayer.



There are significant essentials that any Believer must know when it comes to the life of Prayer. They are the essentials needed to keep one focussed. ***There are many Prayers by many people that are really not the fragrance intended for God's Divine Presence.*** The Prayer of a Godly heart reaches the God of Heaven. The *desire to know God* is the first step on the road of one acquainting one self to Him. It begins the journey to him knowing this God of Heaven. To know the desires of God for you is important. Remember that you are unique in the eyes of the Lord. Gods' purpose for you is therefore special, of which He holds the key. **Psalm 139.16 - 17** **'.....all the days ordained for me were written in your book before one of them came to be.'** How precious to me are your thoughts, O God, how vast is the sum of them.'

***Three essentials are the order to the life of Prayer. To have these essentials would do the Believer well, for without them the life of Prayer is non existent followed by excuses not Pray.***





## • A Quiet Time

The heart that is quiet before God is most difficult to find and may be found only at the feet of Jesus. It is therefore not the first of the essentials found in Prayer. To get there the mind must be made up to pray.

*The time of quietness will come because of the decision one has already made, that being the decision to spend time with God.*

The duty of the believer is to make up his mind that *'I will spend time with my Maker.'* Whatever God has for man, will be His best. The decision not to Pray is one that man has to suffer alone. There is no backup if man does not Pray. The Prophet Samuel knew this well. **'Moreover, as for me, far be it from me that I should sin against the Lord in ceasing to Pray for you; .....** **1Samuel 12.23**

God speaks to us in Prayer. When God designed Prayer, He had in mind that we will be obedient to this simple request **'thou shall pray.'** You see Prayer is first a request from God. If you start with man you will be wrong. Prayer does not suddenly awaken God. The Lord slumbers not and is forever watchful for the Prayers of His children.

***God takes the initiative to cause us to want to Pray.*** We do not naturally desire to seek God. In accepting Christ as our Saviour we accept the Will for God in our lives. This imparts in us the Spirit to work that *Will* of God into our lives. Therefore the will to Pray must surely be in all Believers. The difference lies in the Believer's willingness to go to Him.



God chose us! The truth is that we have the Holy Spirit dwelling in us. That is God's choice to allow the Greatest Person on earth to dwell in us. Man can take no credit for this. It is no great exploit of man but of God. All that pertains to God would therefore be the initiative of the Holy Spirit. The Spirit always prompts man to Pray. Man must act on the response of the Holy Spirit. If we fail to act on these 'promptings' it will eventually go away. The Spirit of the Lord shall not strive with man forever. ***The decision to Pray, that first step, will always lie with us. We must show to God that we desire to be drawn away.***

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In Prayer the believer would do well **not to look for time**, but to **make** time. For truth be told, in looking for time, there is rarely any time found to spend with God. The enemy has a mandate already in place to steal time from the Believer. It is therefore the duty of the Believer to make time to spend with God. The enemy has a strategy that is well covered to interfere with every area of our lives that would give ground to Pray. He has seen well to it that every excuse be apportioned to the situation for the Believer not to Pray. Any wonder why it is so important that we are to watch and Pray. To watch helps us make the situation suitable and then to Pray. Many adjustments are to be made, for the hour of Prayer will be more important than work and play.



The life of Jesus on earth was a busy one yet he made time to spend with His Father. Lets' read **Mark 1.35** **'Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.'**

We know that even though Jesus demonstrated great power over the evil forces, He never neglected time to Pray. Again the need for Prayer was a need to hear from the Father – What next! The Father's priority was His. His time well spent with the Father, got Him to know well when something had to be done. So it was that not *'just anytime'* was the right time, but only as He was led by the Spirit of God. The leading of the Holy Spirit to do something comes with perfect timing – It comes from a Perfect God with a Perfect Will.

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The key is to set ones' heart to Pray. The believer can not Pray too much for there will always be a need for more Prayer. The decision to have a quiet time with God lies with the Believer. Once that decision is made it starts the process of you and me into a Godly relationship with our Maker.



## ● The Quiet Place

Let's hear what Jesus had to say about a place of quietness regarding Prayer – which is the Prayer closet. **Matt.6.5-6 'And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth; they have their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.'** The closet is the last place most people find themselves in. We all need to have a closet. It is the place where we go to meet with God. It is the place for Intimacy one on One with God.

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The Prayer closet is different to all other places. It must not be taken for granted. Much priority must be given to the closet. It is not the place we go to on a Sunday morning to fellowship. The closet is a personal place that you have to encounter with God. Jesus' closet was not a physical room. I am glad for that for it keeps us from finding excuses that we do not have a place in our homes to Pray. Given the situation and circumstances of many, a roof may be hard to find. And where there is no roof seldom is there a door. The closet can be any place in your home or even outside. It never begs a building or a roof. It simply requires a separation, you from man. Even the busiest place in the home can become your closet if you choose the time right.





When others are asleep that place can become your closet. The closet must be that place you 'come away'. In other words it is that place that keeps you from any disturbance. We can therefore learn that the closet and Prayer time must often go hand in hand. ***It is much easier to find a quiet place when you have found the right time.*** Jesus said in **Matthew 6** that the closet is actually your secret place. The word secret is not necessarily the physical place as it is much the heart. The closet is the place for revealing your heart. It is also the place God reveals His. Just this, should make it the most important place. My question to you today - Do you have a Prayer closet? ***When the decision to Pray has been made, the closet is not hard to find.*** It should be the most important spot

under your tent. It is here where you will meet with God one on One.

***Our Church and corporate Prayer meetings are only as strong as the quality time we have in our Prayer closets.*** If our meetings are empty then our closets are empty. ***The strength of our Prayer meetings will give you an idea of our closets.*** The closet is anything but a place to fear yet its' here the battle rages on. It is not a place you invite friends and have fellowship. The closet is a secret place, where it is you and God. The closet is a place that must have its' doors closed, so that one may hear what God has to say. That door does not have to be a physical one, it could just be a spiritual door that says '*do not disturb*'. Here is where the battle becomes fierce and here you will



receive and also be asked to let go. It's personal and also very emotional in here. We must refuse to let go. One of my favourite stories in the Bible is of one mans' encounter with God and his refusal to let go of Him. **Genesis 32.24-32.** Jacob's encounter with God is a unique one. His decision to Pray saw him having an experience with His Maker that revealed his heart and who he was. His refusal to let go of the Angel of God changed Him and foresaw a future that many of us are now living out. He was able to overcome only because He refused to let go! Jacob's experience saw him walk the rest of his life with a limp. We all must have a spiritual limp. Where is your limp? It says you have met with God. It says you've been with Him one on One. To many of us lack this secret encounter with God. It shows because we

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lack the limp. The limp humbles us and gives us a new approach to life.

The Jacob approach with God is the Godly approach. It is also a place where the passions and desires of self will have to make room for Gods' Heavenly desires and plans. It is not a place for babies nor for those who would retreat. It is *your* place, where you receive the strength and the energy to move on. It is a place where you will become thirsty yet filled to overflow. It is a battlefield - Yours. It is a place of confrontation, also breakthroughs. And it will come because of the issues that must be confronted. You are not able to act out any part in here for there is no room for actors. Stripping of many things whilst also gripping. You would do well to hold on tight in here. The quiet place is the closet.



It is not a stage therefore you cannot act.  
No part is given and no role given.

The closet may just be the closest place to Heaven whilst here on earth. But first the encounter, for when you have gone in, it's like being in the middle of the ocean, and to make it to shore, you will have to overcome the ocean greats. Let me warn you that it can become very personal in here. God has designed the closet for Him. You go in and He has His Way. Any vain words are futile for it's a place that demands honesty. The knowledge of God's Promises are important in here. For when a man is being dealt with by God, it's the Promises that reminds God of His Mercy, its His Promises that remind Him of His Son and His Purposes for you. That's what stands! And though you leave with a limp, it says you gave met with God.

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Any wonder why Gods' word speaks about a 'door and it being shut.' If you have no closet you will have no place to rest. The irony is that the place of battle is also the place of rest. You must overcome in the closet to come to this place of rest. You must overcome in the closet to have a taste of Heaven and what's to come. The closet is never a place hard to discover once the heart is already made up. It starts with the heart wanting to know God. It is time each one of us in the Body of Christ discovered our closets. We discover God and His ways when our closets are found. The closet may be a very messy and harsh place because for most part you will have to let go of what you have held tightly all through the years.



In the closet there is much wrestling, struggling and letting go and for many times to others gives the impression that all is well in there. This is the place where there is no room for pretence. What you see is what you get. The place of Prayer is the last place of pretence. May God help us! It is your place, the place you have come having wandered for so long. Many of us find it last and this is sad. God has proposed it to be first but through our stubborn hearts, it becomes the last place instead. If we are wise enough to find the closet first, we would save ourselves much pain and suffering over the years. You get here for most part because all other destinations have failed. It is the final place and you know it so. This is the Place of Holiness. This is the Place of Surrender!

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Prayer is responsible for  
making our hearts  
pliable in Gods' hands

*Pray without ceasing*





## ● The Quiet Heart

A heart that is still before God hears well what God has to say. A quiet heart is essential in the life of the one praying. But how does the believer get his heart to be quiet before God? With the great amount of activity in each one of our lives this may not be easy to come by. It is therefore important that the believer is willing to *make a firm decision* to spend time with God.

When we are willing to believe the Word of God about a Heavenly Father, a Son who was willing to die and the help given to us in the Holy Spirit, it is much easier to have a quiet heart before God. The prerequisite is therefore faith.

We must believe that God is willing to speak to us and to hear us. To be still before God the heart must be sincere. When the heart is sincere, it is then willing to hear from God and learns well when He is speaking.

**Hebrew 10.19-22 ' Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, ..... and since we have a great high priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith.....'** Faith helps make that firm decision to spend time with God. He knows well about the plans He has for us and it is this quiet heart to which the plans will be revealed.



**Jeremiah 29.12-13** says the following:  
**‘Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.’**

One can not find God when the heart is not quiet. According to Gods’ Word He will listen to you when you Pray, and this takes place when the heart has sought Him with all that it has. In other words the heart must be willing to surrender. A quiet heart is one free from anger, it is one that is willing to wait and let God have His way. A quiet heart is characterised by the absence of ones’ own selfish thoughts and desires. Or at least it is willing to let God show His heart first.

***When our hearts are willing to be quiet before God, it will surprise us how much we initially desired to say and do that become useless and undesirable to God. This eventually becomes undesirable to us.***

Therefore in going to God and letting Him have His Way, many things are gotten rid off first. It is these things that we never saw or sometimes refused to see. God deals with this first. An emptying first then a filling. A quiet heart is willing to change!

***Having a calm heart before God in Prayer is one of the most important aspects of the Prayer life of any Believer.*** The more our hearts are soft and pliable before God, the more He is able to speak to us. The more we listen the more we are able to do. The quiet heart prepares us for action.



The heart of sincerity, the one willing to hear from God First, will help us get more done here on earth than all attempts before.

You see the most important decision in having that continuity with God fulfilled is the firm decision we make to spend time with Him. The decision to set a time and then find that place to spend with God helps to have that quiet time with Him. ***The quiet time and quiet place sets the precedent for that still heart before God.*** It is this very heart that God can now speak to. One sets oneself well when one has come so far.

***'Come away'*** – the coming away for us is not a gentle act, but one of persuasion. The hustle and bustle of everyday life does not make room for God in our lives. To come away would mean more to *'run away'*. It is then that we are able to hear the heart and cry of God. Jesus exemplified this mystery for when the disciples searched for Him, they found Him praying..... **Luke 5.16** ***'but Jesus often withdrew to lonely places and prayed'***

***'And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.'*** Mark 1:35



When the disciples looked for Jesus they often found him in a quiet place praying. It is on one of those occasions that they asked Jesus *'Teach us how to pray'*. And so it is that we now have the **Lords' Prayer** or **'The Our Father Prayer'** God must surely enjoy the position of a quiet heart most, for it is then that He is most able to have His way. It is the quiet heart that God takes as His own and used by Him. It is this heart that is most pliable in Gods hand. It is such a heart that places Him first and so fulfils the most important commandment of the Bible, **'To love the Lord your God with all your heart.'**

When the heart of man has been impregnated with the Will of God it is then helped by the Holy Spirit to bring Gods' Kingdom wherever it may go.

I Pray today that your heart will be one that is adjustable, flexible and adaptable for Gods' use. The duty of Prayer brings a man to this place. Prayer allows us to be more intimate with God. This means we become more intimate with the affairs of Heaven. The more we come to know about the secrets of Heaven the more we are able to implement those rules on earth through His Holy Spirit. This is Heavenly Management. And so it is that we fulfil an important part of Prayer – **'Your kingdom come, your will be done, on earth as it is in heaven.'** **Matthew 6:10**

- ***Pray without ceasing***





## A Quiet Time, A Quiet Place, A Quiet Heart

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*Let's Pray!*

