

First Be Quiet

by Elisabeth Elliot

In a world of constant change and decision-making, Elisabeth Elliot emphasizes the importance of quietness and seeking God's guidance in our lives.

Scripture: Psalm 46:10, Proverbs 3:5, Matthew 6:6, Mark 1:35, James 1:5

Topics: "Quiet Time", "Spiritual Guidance"

Description

Elisabeth Elliot emphasizes the importance of seeking quietness and solitude in the midst of life's hectic changes and decisions. She points to Jesus' example of intentionally withdrawing to be alone, even when needed by others. Elliot encourages holding decisions before God alone for at least forty-eight hours, seeking His counsel through prayer and silence. She suggests meditating on Psalms 86:11 as a guide to seek truth and follow God's path.

Transcript

Our hectic lives involve many changes, and changes require decisions, and decisions must often be made in the midst of a multitude of confusions. We run here and there asking advice. Often we make decisions without sufficient deliberation because we simply haven't time--or so we tell ourselves.

There is a marvelously helpful practice that we usually overlook. It is quietness. Notice how often in the gospels we find Jesus going away alone, even when people needed Him. He deliberately chose solitude. The more hectic our lives become, the more necessary is this quietness. When it is impossible to break away physically to a place of solitude for a day or so in order to think and pray over a hard decision, there is one thing which I think helps--do not speak about the decision to anyone but God for forty-eight hours at least. Just hold it before Him alone. Keep your mouth shut for two days. Pray. Listen. Seek his counsel.

Try this, too--sit before Him for fifteen consecutive minutes in silence, focusing your mind on the words of Psalm 86:11 (NEB), "Guide me, O Lord, that I may be true to thee and follow thy path."

Source: <https://sermonindex.net/speakers/elisabeth-elliott/first-be-quiet/>

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