

QUIET TIME
MOMENTS
for
WOMEN

CATHERINE
MARTIN



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QUIET





Come Away

Come away with me by yourselves to
a quiet place and rest a little while.

MARK 6:31 WILLIAMS



The disciples had just completed their first missionary trip. They told Jesus everything they had accomplished. How would He respond? Would He send them out again after their good report? Jesus, by example and words, teaches every disciple of His what to do when life gets busy. He said, “Come away with Me.”

You’ve undoubtedly experienced times when you had so much on your plate that you didn’t even know where to begin. Your task list is sometimes longer than the hours in a day. Do you know what the opposite of *busy* is? *Quiet*. A quiet place was the special location Jesus had in mind for His followers on that event-filled day.

Are you busy right now in your own life? Can you hear Jesus inviting you, even imploring you, “Come away with Me” to a quiet place and rest a little while? Will you say yes to His invitation today?

*Lord, I want to come away with
You to a quiet place today. Amen.*



Come to Me

Come to Me, all who are weary and heavy-laden, and I will give you rest.

MATTHEW 11:28

How's your heart these days? No one knows your heart better than Jesus does. He often sees extreme exhaustion and heavy burdens in hearts. He doesn't condemn. Instead, His soothing words prescribe the appropriate treatment. When He speaks, He comforts and heals aching, heavy hearts. He invites us, "Come to Me, all who are weary and heavy-laden..." There's the prescription. And then the soothing balm, "I will give you rest." Imagine Jesus speaking these very words to you today. Don't you long for a real rest in your weary heart and soul?

How will you respond to Jesus? His invitation is so winsome, so appealing, that perhaps you are ready to drop everything immediately and escape with Him to a place of solitude for blessed communion with your Lord. Why not schedule some uninterrupted time alone with Him now? You can enjoy a renewed heart and a refreshed spirit.

*Lord, I look forward to a refreshing
time alone with You. Amen.*



Strength in the Quiet

In repentance and rest you will be saved,
In quietness and trust is your strength.

ISAIAH 30:15



Sometimes we think if we handle a problem quickly, it will disappear. Have you noticed that quick reactions often complicate rather than resolve situations? In the prophet Isaiah's time, God's people were in trouble because they trusted themselves and others rather than trusting the Lord. Many people live the same way today, thinking they can run their own lives. Then, when the troubles of life stack up, answers are nowhere to be found.

What will help when you are overwhelmed in life? Return to God and discover real rest. Step away from the trouble and run into the quiet place with your Lord. There, in the quiet, you will find a new reliance on your Lord. Then you will experience His wisdom and strength, equal to any task or difficulty.

*Lord, today I'm stopping everything for time alone with
You. Fill me with Your strength and power. Amen.*



What Would God Say?

Be still, and know that I am God.

PSALM 46:10 NKJV

Have you ever wished you could hear from God in the midst of a trial? You can know His words because He has written a love letter to you. When you read the Bible, you can gain a glimpse into His heart. Some of the best words you will ever hear Him say are these: “Be still, and know that I am God.” These words apply in every situation. He is inviting you to stop everything, relax, and be still. If you continue to run at breakneck speed, rushing through your daily responsibilities, you will miss the main truths in your life: who God is, what He does, and what He says. Slowing down and stopping long enough to draw near to God will help you see the truth that God is infinite, eternal, and all-powerful. He is enough for whatever you face in your life. Think on His simple yet profound words today: “I am God.” He is the One you need every day.

Lord, I need You today, and I rely on You. Amen.