



FIT FOR

GODLINESS

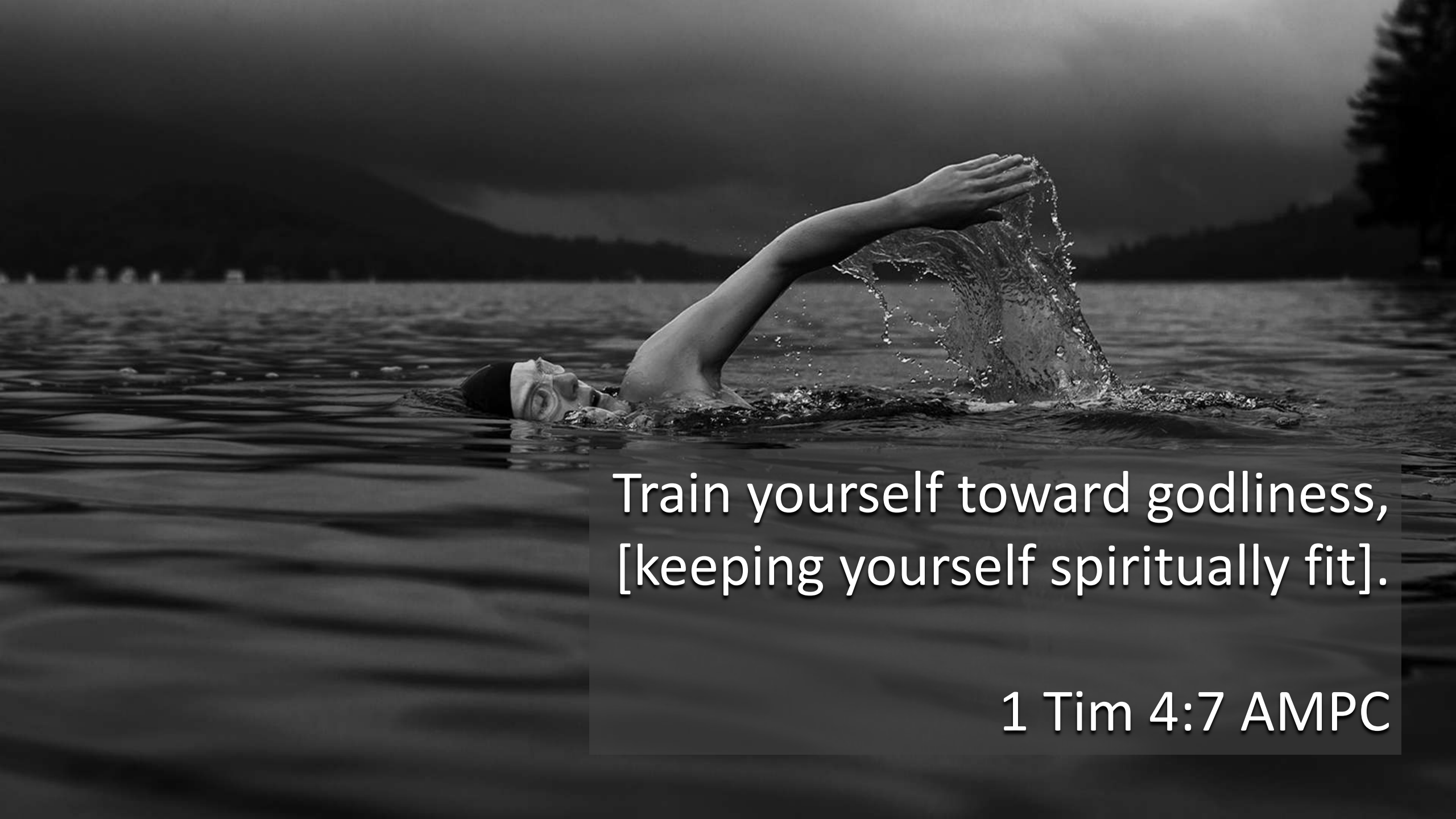


WHAT'S THAT NOISE?



We live in a noisy, busy world. Silence and solitude... fit in the era of Victorian lace, high-button shoes and kerosene lamps better than our age of television, video arcades, and joggers wired with earphones. We have become a people with an aversion to quiet and an uneasiness with being alone.

Jean Flemming



Train yourself toward godliness,
[keeping yourself spiritually fit].

1 Tim 4:7 AMPC



SILENCE
& SOLITUDE

SILENCE IS GOLDEN

This is what the Sovereign LORD, the Holy One of Israel, says: “Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it.”

Isa 30:15 NLT

SILENCE IS GOLDEN

...But we beseech and earnestly exhort you, brethren, that you excel [in this matter] more and more, To make it your ambition and definitely endeavor to live quietly and peacefully, to mind your own affairs, and to work with your hands, as we charged you.

1 Thes 4:10-11 AMPC

JESUS' EXAMPLE



JESUS' EXAMPLE

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

Mar 1:35 NLT

JESUS' EXAMPLE

Early the next morning Jesus went out to an isolated place.

Luk 4:42 NLT

JESUS' EXAMPLE

I think the devil has made it his business to monopolize on three elements: noise, hurry, crowds... Satan is quite aware of the power of silence.

Jim Eliot

JESUS' EXAMPLE

Then the high priest stood up and said to Jesus, “Well, aren’t you going to answer these charges? What do you have to say for yourself?” But Jesus remained silent.

Mat 26:62-63 NLT

JESUS' EXAMPLE

Be still in the presence of the LORD, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

Psa 37:7 NLT



LEARNING TO
KEEP QUIET

LEARNING QUIET

I said to myself, “I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me.”

Psa 39:1 NLT

LEARNING QUIET

Those who control their tongue will have a long life;
opening your mouth can ruin everything.

Prov 13:3 NLT

LEARNING QUIET

Even fools are thought wise when they keep silent; with their mouth shut, they seem intelligent.

Prov 17:28 NLT

LEARNING QUIET

Too much talk leads to sin. Be sensible and keep your mouth shut.

Prov 10:19 NLT

LEARNING QUIET

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry...If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless.

Jas 1:19,26 NLT



SILENT TO REST

SILENT TO REST

Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.”

Mar 6:31 NLT

SILENT TO REST

Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

Psa 131:2 NLT

SILENT TO REST

Some of the most sacred moments aren't loud or grand
– just stillness, a quiet heart, and the nearness of God



SILENCE: HIS WILL

SILENCE: HIS WILL

God often makes His will clear to us in public, but there are times when He discloses it only in private.

Donald Whitney

SILENCE: HIS WILL

“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.”

Luk 22:42 NLT



SILENCE: FAITH

SILENCE: FAITH

The LORD is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the LORD.

Lam 3:25-26 NLT

SILENCE: FAITH

Psalm 62:1-2

For God alone my soul waits in silence; from Him comes my salvation. He only is my Rock and my Salvation, my Defense and my Fortress, I shall not be greatly moved.

Ps 62:1-2 AMP



SILENCE: WORSHIP

SILENCE: WORSHIP

TO YOU belongs silence (the submissive wonder of reverence which bursts forth into praise) and praise is due and fitting to You, O God, in Zion; and to You shall the vow be performed.

Psa 65:1 AMPC

SILENCE: WORSHIP

But the LORD is in his holy Temple. Let all the earth be silent before him.

Hab 2:20 NLT



SILENCE
& SOLITUDE

CHOOSE SILENCE



There are four natural sanctuaries:
silence, solitude, stillness and simplicity

CHOOSE SILENCE



Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Mat 11:28 NLT



SILENCE
& SOLITUDE