

TIME OUT: A MOTHER'S DAY MESSAGE

Mother's Day 2021

By Andy Manning

I. INTRODUCTION

1. Today I want to talk to you about the importance of time-outs. Not the kind that you use to train children. A different kind of time-out.
2. In the game of basketball, time-outs are very important. Time-outs give you a chance to catch your breath, to grab a drink of water, and to review the game-plan. Time-outs give the coach an opportunity to motivate and instruct his team.
3. Mother's need a time-out, too. In fact, we all do. A spiritual time-out. A time to catch your breath, to get recharged, refreshed, motivated, and instructed. We need this every day. This spiritual time-out is called a daily quiet time.
4. A mother's job is difficult.
 - i. Salary.com, a firm based in Massachusetts that specializes in determining compensation, did a survey of 40,000 mothers. They found that the typical mother puts in a 92-hour workweek, and works at least 10 jobs. These are: housekeeper, teacher, cook, computer operator, laundry machine operator, janitor, facilities manager, van driver, CEO and psychologist. The firm calculated that if a mother were paid for her work, should we be earning almost \$140,000 a year. This is full-time mothers. Even mothers who work full-time jobs outside the home put in \$85,939 worth of work as a mother.
 - ii. Another study found that women who never have children enjoy the equivalent of an extra three months a year of leisure time.
 - iii. A mother's job is hard. She needs a regular time out, not just physically, but spiritually. A mother, as much as anyone else, needs a daily quiet time with God.

II. WHAT IS A DAILY QUIET TIME?

1. Through the centuries Christians have referred to it as the morning watch, personal devotions, appointment with God, and the personal devotional time. Whatever you want to call it, **a quiet time is a daily time of personal fellowship with God through the Bible and prayer for the purpose of knowing Him more and becoming more like Him.**

III. REASONS TO HAVE A DAILY QUIET TIME

1. **To give devotion to God.**
 - i. How do we stay devoted to God? How do we stay on fire for God? How do we keep ourselves from backsliding? How do we keep ourselves from fading into lukewarm, casual Christianity? A daily quiet time.
 - ii. Most of the problems I face in life are the result of allowing other things to come before God. Life is hard enough as it is, but it gets even harder when I allow other things to come before God.

- iii. As a Christian, you want God to take first place in your life. To be your top priority. "The main thing is to keep the main thing the main thing." But in the hustle and bustle of life, in the daily grind, in all the business and activity, with all the distractions and temptations, how do we keep the main thing the main thing? How do we stay devoted to God? A daily quiet time.
- iv. **Luke 9:23** Then he said to them all, "If anyone wants to follow after me, let him deny himself, take up his cross daily, and follow me."
 - 1. Keeping God first requires a daily decision; a daily commitment.
That's what a daily quiet time helps you to do. It helps you to renew your commitment and focus on God at the start of each day.
- v. The Bible tells us that one of the keys to staying devoted to God is to stay in His word.
 - 1. **Psalm 1:1-2** "How happy is the one who does not walk in the advice of the wicked or stand in the pathway of sinners or sit in the company of mockers! Instead, his delight is in the Lord's instruction, and he meditates on it day and night."
 - 2. A daily quiet time is your opportunity to start each day meditating on God's word.
- vi. God wants you to grow as a Christian. When you first get saved you are a spiritual baby. God wants you to grow up to maturity, and the only way to grow is through the word.
 - 1. **1 Peter 2:2** "Like newborn infants, desire the pure milk of the word,, so that by it you may grow up into your salvation"
 - 2. A daily quiet time is when you spend time in God's word so that He can grow you into a stronger, more mature Christian.
- vii. The Bible commands us to imitate Christ. That's what Christianity is all about. How do we get better at imitating Christ? Spend more time with Him. The more time you spend with God, the more you will look like Him.
 - 1. After spending forty days on the mountain receiving the Ten Commandments, when Moses came down his face shone; so much that everyone was afraid of him. From then on, he put a veil over his face unless he was in the tent, speaking with God.
 - 2. The more time you spend with God, the more you will reflect His glory.
 - 3. After a married couple has been together for fifty years, they become so alike. They at eh same things, they like the same things, and sometimes they even start to look alike. That's what happens when you spend that much time with someone. And that's what will happen as you spend daily time with God. You will become like Him.

2. To get direction from God.

- i. Mothers have to make many decisions – about discipline, education, nutrition, schedule, finances, clothing, marriage, time-management.
- ii. We don't have to make decisions alone. God wants to help us. He wants to give us wisdom, but we need to seek it out. That's what a daily quiet time is for.
- iii. We receive wisdom from God in two primary ways. Prayer, and God's word.
- iv. **James 1:5 (AMP)** "If any of you lacks wisdom [to guide him through a decision or circumstance], he is to ask of [our benevolent] God, who gives to everyone generously and without rebuke or blame, and it will be given to him."
- v. A daily quiet time is your appointment with God every morning to ask Him for wisdom.
- vi. **2 Timothy 3:15** "All Scripture is inspired by God, and is profitable for teaching, for rebuking, for correcting, for training in righteousness"
- vii. God guides and directs us as we wake up every morning and spend time reading His word.
- viii. God has spoken very clearly to Lydia in her quiet time on a number of occasions. Before graduating high school, her plan was to go to college at Mary Hardin Baylor and study dentistry, but it was during a quiet time that the Lord said, "Not that college, and not that major." She ended up going to Louisiana College and studying elementary education. If she had gone to Mary Hardin Baylor, it is unlikely that we would have ever met.
- ix. **Bill Hybels** "Ministry, Christian rock concerts, weekend conferences, church committee meetings – these all may be valuable, but they are not your main source of strength. Strength comes from solitude. Decisions that change the entire course of your life usually come out of the holy of holies."

3. To give my desires to God.

- i. The Bible says that prayer is to play a major role in our lives.
- ii. **Matthew 7:7** "Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you."
- iii. **Ephesians 6:18** "Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints."
- iv. **Colossians 4:2** "Devote yourselves to prayer with an alert mind and a thankful heart."
- v. **1 Thessalonians 5:17** "Pray constantly."
- vi. So, we're supposed to pray, and we need to pray a lot. Why?
- vii. **James 4:2** "You do not have because you do not ask."
- viii. How do we appropriate God's blessings? How do we receive everything that God wants to give us? Through prayer. God works through prayer.

- ix. If prayer is that important, then it is essential that you set aside time every day to give your desires to God. To tell God what you need. That's the purpose of a daily quiet time.

4. To gain strength from God.

- i. **Matthew 11:28-30** "28 'Come to me, all of you who are weary and burdened, and I will give you rest. 29 Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.'"
- ii. Jesus promises to give us strength for each new day, but we have to come to Him.
- iii. How do we come to Jesus for strength?
- iv. Prayer. **Psalm 55:22** "Cast your burden on the Lord, and he will sustain you; he will never allow the righteous to be shaken."
- v. God's word. **Psalm 19:7 (GNT)** "The law of the Lord is perfect; it gives new strength. The commands of the Lord are trustworthy, giving wisdom to those who lack it."
- vi. Imagine that you stop at a gas station to refill your engine. It's one of those old full serve stations where the attendant fills it up for you. You pull up and say, "Fill 'er up!", but you don't stop the car. You just keep circling the pumps. God wants to give you strength for life, but you need to stop so He can fill you up. That's what a daily quiet time is for.
- vii. To have energy you have to eat. Many Christians are weak because they are malnourished. Why are they malnourished? Because they are only feeding on the word once a week. Imagine if you only ate once a week. You would be pretty weak. To be a strong Christian, you need to feed on God's every morning.
- viii. On a number of occasions Jesus invited His disciples to come apart with Him for a while to recuperate physically and spiritually. **Vance Havner** said, "If you don't come apart periodically, you will literally come apart."

5. To get used by God.

- i. **John 15:5** "I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me."
- ii. To be used by God (producing fruit) you have to remain in Christ. That means you have to keep a close, constant connection with Christ. And that's what a daily quiet time is all about. It helps you to stay close and grow closer to Christ so that He can use you for His glory.
- iii. The X-Factor: Success gurus call it the "X Factor," or your "Focal Point." In other words, what one activity, if you did it regularly and skillfully, would positively impact your life more than anything else? What's the first thing that comes to your mind? I believe that it is the daily quiet time.

- iv. **Rick Warren** “Every great man or woman of God throughout history has spent much time alone with God. Anyone who has ever been used mightily by the Lord was a man or woman of the Word and prayer. The regular quiet time was the one thing they had in common. The common denominator between Moses, David, Daniel, Paul, Calvin, Wesley, Finney, Moody, Spurgeon, Billy Graham, and all of the great saints in history is that they all spent much time with God in personal fellowship.”
- v. **Dr. Charles Stanley**, one of the great preachers of our time wrote, “Our intimacy with God – His highest priority for our lives – determines the impact of our lives.”
- vi. **Andrew Bonar**, the great nineteenth century preacher, had three rules that he lived by: Rule 1 – Not to speak to any person before speaking to Jesus Christ. Rule 2 – Not to do anything with his hands until he had been on his knees. Rule 3 – Not to read the papers until he had read his Bible.”

IV. HOW TO HAVE A DAILY QUIET TIME?

1. Choose a time when you can be consistent.

- i. For most people, the morning is best. Carve out twenty to thirty minutes.
- ii. **Psalms 5:3** “In the morning, Lord, you hear my voice; in the morning I plead my case to you and watch expectantly.”
- iii. **Matthew Henry** “It is our wisdom and duty to begin every day with God.”
- iv. **E. M. Bounds** “The children of this world are far wiser than we are. They are busy at work early and late.”
- v. You might say, “I don’t have time for a daily quiet time.” I’m reminded about Bobby Bowden, the hall-of-fame, championship coach from Florida State University. He would get up every day at 4 am to pray. He said he wouldn’t have a spiritual life if it weren’t for that 4 am appointment with God. The truth is that you don’t have time not to have a quiet time.
- vi. **Martin Luther** “I have so much to do today that I must spend at least three hours in prayer.”
- vii. **Hudson Taylor** “Do not have your concert first, and then tune your instrument afterwards. Begin the day with the Word of God and prayer, and get first of all into harmony with Him.”

2. Choose a place where you can be alone and undisturbed.

- i. **Mark 1:35** “Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.”

3. Journaling.

- i. It’s helpful to keep a prayer journal.
 - 1. Keep a list of your prayer requests, and when and how they are answered.
 - 2. Reflect on what God is teaching you, and how you need to grow.

3. **John Maxwell** calls this the Law of Reflection (one of his 15 laws of growth). "Learning to pause allows growth to catch up with you. You need time to take what you've learned and let it marinate and apply. Experience is not the best teacher. Evaluated experience is the best teacher. Reflection changes experience into insight."

4. Prayer.

- i. The A.C.T.S. system has been used by Christians for many generations.
 1. Adoration: Start by praising the Lord.
 2. Confession: Confess your sins.
 3. Thanksgiving: Thank God for His blessings.
 4. Supplication: Bring your requests.

5. Scripture.

- i. Use an easy-to-read translation.
- ii. Get in the habit of reading through a Bible-reading plan. That way you don't have to decide what to read, and you can be sure to get all of Scripture.
- iii. As you read, apply it to your life:
 1. Is there a command to obey, or an example to follow?
 2. Is there a sin to avoid, or an example to avoid?
 3. Is there a promise to claim?
 4. Is there a truth to believe?
- iv. When something sticks out at you, offer it up to God in prayer.

6. Discipline.

- i. Three Unrealistic Expectations of a Daily Quiet Time:
 1. Doing it once will be life-changing.
 2. It will always be equally exciting.
 3. Doing it sporadically is will be equally beneficial.
- ii. To get the most out of your daily quiet time, it needs to become a daily habit.
- iii. **Rick Warren** "Psychologists tell us that it usually takes us three weeks to get familiar with some new task or habit; it takes another three weeks before it becomes a habit. Now the reason why so many people are not successful is because they have never made it past the six-week barrier. For your quiet time to become a habit, you must have had one daily for at least six weeks."

V. CONCLUSION

1. **George Sweeting** "John Wesley preached over 44,000 sermons in his lifetime. He traveled by horseback and carriage nearly 300,000 miles, wrote grammar and theological textbooks in four languages, and yet always had time for a quiet time. While still in his childhood, Wesley resolved to dedicate an hour each morning and evening to Bible study and prayer."
 - i. Many people don't know the rest of the story. Much of Wesley's success can be attributed to his mother, Susanna Wesley.

- ii. **John Wesley** “I learned more about Christianity from my mother than from all the theologians in England.”
- iii. What was so special about this woman?
 - 1. She was the mother of nineteen children. John was the fifteenth child, and Charles was the eighteenth – he went on to write 6,000 hymns.
 - 2. She would devote one our a week to be along with each child to discuss spiritual matters.
 - 3. Here are some of the rules she followed in training her children:
 - a. Subdue self-will in a child and thus work together with God to save his soul.
 - b. Teach him to pray as soon as he can speak.
 - c. Give him nothing he cries for and only what is good for him if he asks for it politely.
 - d. To prevent lying, punish no fault which is freely confessed, but never allow a rebellious, sinful act to go unnoticed
 - e. Commend and reward good behavior.
 - f. Strictly observe all promises you have made to your child.'
 - 4. The interesting thing about Susanna Wesley was that she had a daily quiet time. She spent an hour a day with God. She would pull her apron over her head, which signaled to her children that she was in prayer with God. That was the secret of her strength.
- 2. Motherhood is a tough job. And it is the most important job. The only way you can survive and thrive is by taking a daily time-out – a daily quiet time with God.