

A black and white photograph of a group of six men sitting on a large, dark leather sofa in a modern living room. The room has a brick wall and a wooden floor. The men are engaged in conversation, with some looking at each other and others looking towards the camera. A coffee table is in front of them. The word "DEFINED" is overlaid in large, light blue capital letters, with a horizontal line passing through it.

DEFINED

A BetterMan Courageously
Follows God's Word

PART 1



BETTERMAN

A black and white photograph of a person wearing a plaid shirt, holding a Bible with their hands clasped over it. The image is used as a background for the text.

SESSION 3

Becoming Courageous in the Quiet



BETTERMAN

1

Where Do We Become Courageous? In the Quiet.

1

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- For us to be effective in the world, we must first let God and His Word do their work in us.

B. There has never been a man of God who didn't first learn to meet with God. And it's in the quiet that we grow courage.

1

Where Do We Become Courageous? In the Quiet.

Continued...

- What gave David the courage to stand up to Goliath? His time alone with God.

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- The world sees what we do in **public**, but who we are is shaped by what we do in **private**.

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C. Jesus set the example of meeting with God in the quiet.

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- The world sees what we do in public, but who we are is shaped by what we do in private.

C. Jesus set the example of meeting with God in the quiet.

- Jesus **started** his day in prayer.

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Where Do We Become Courageous? In the Quiet.

Continued...

- Jesus had to battle his fear of facing death on a cross, but through prayer, found the **courage** to move forward.

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- Jesus had to battle his fear of facing death on a cross, but through prayer, found the courage to move forward.
- If Jesus had to meet with His Father **consistently** to have the courage and strength to do God's will, don't we also?

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- Jesus had to battle his fear of facing death on a cross, but through prayer, found the courage to move forward.
- If Jesus had to meet with His Father consistently to have the courage and strength to do God's will, don't we also?

D. Jesus taught his disciples to meet with God in the quiet.

- We are dependent on our connection with God for every good thing we will do.

1

Where Do We Become Courageous? In the Quiet. *Continued...*

E. We live in a dangerous world. In the arena, we will come face to face with a host of intimidating challenges from the devil. In those moments we will need to draw on the courage that comes from God in the quiet. Therefore, we need to learn how to spend time with God.

2

How Do We Spend Time Alone with God in the Quiet?

2

How Do We Spend Time Alone with God in the Quiet?

A. “Good morning God!”

- Start by **greeting** God, acknowledging who he is, and that he is in the room with you.

2

How Do We Spend Time Alone with God in the Quiet?

Continued...

A. “Good morning God!”

- Start by greeting God, acknowledging who he is, and that he is in the room with you.
- You are meeting with your “Heavenly Father”! You get to have an encounter, an experience, a conversation with Him!

2

How Do We Spend Time Alone with God in the Quiet?

Continued...

B. “I praise you God.”

- Take some time to first focus on God and who He is. Call out His greatness. Voice particular attributes of God that **today** you are personally thankful for: His forgiveness that you needed, His recent guidance, etc. Remind yourself of what He has done for you. Rehearse how He has been good to you and blessed you and how much He is for you.

2

How Do We Spend Time Alone with God in the Quiet?

Continued...

C. “I need you God.”

- Take time to discuss with God the specific things you need. Ask Him for help.

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- You can use this time to **confess** sin and **ask** for forgiveness.

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C. “I need you God.”

- Take time to discuss with God the specific things you need. Ask Him for help.
- You can use this time to confess sin and ask for forgiveness.
- You can also ask God for **wisdom**.

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How Do We Spend Time Alone with God in the Quiet?

Continued...

C. “I need you God.”

- Take time to discuss with God the specific things you need. Ask Him for help.
- You can use this time to confess sin and ask for forgiveness.
- You can also ask God for wisdom.

D. “I’m listening God.”

- Read a selected portion of Scripture asking: “**God**, what do you want to say to me today?”

2

How Do We Spend Time Alone with God in the Quiet?

Continued...

- Where should you read in your **Bible**?

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- Where should you read in your Bible?
 - There are all kinds of Bible reading plans. The only **bad** plan is **no** plan. Have a **plan!**

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How Do We Spend Time Alone with God in the Quiet?

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- Where should you read in your Bible?
 - There are all kinds of Bible reading plans. The only bad plan is no plan. Have a plan!

E. “I’m ready God.”

- After reading, ask: “What courageous thing are you asking me to do today God? I’m ready.”

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How Do We Spend Time Alone with God in the Quiet?

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- Where should you read in your Bible?
 - There are all kinds of Bible reading plans. The only bad plan is no plan. Have a plan!

E. “I’m ready God.”

- After reading, ask: “What courageous thing are you asking me to do today God? I’m ready.”
- Tell God you trust him. Whatever He asks, you’ll do it.

2

How Do We Spend Time Alone with God in the Quiet?

Continued...

- Finish your “God time” by thanking Him for this special moment with you. You are now ready to walk with Him through the day and **open** to hearing His voice at any time.



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BETTERMAN