

## **SESSION 3**



## **BECOMING COURAGEOUS IN THE QUIET**

# 1. Where Do We Become Courageous? In the Quiet.

## A. Without consistent time with God, we will be directionless and lack courage.

*“Nothing will help us grow spiritually more than spending time alone with God every day, reading His Word and praying. Time alone with God is essential to our spiritual welfare.” – Billy Graham*

- A better man prioritizes humbling and quieting himself before the Lord.
- 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.

- **Profile in Courage #1:** David the Giant Slayer

Long before his confrontation with Goliath, David spent time alone with God as a shepherd in the fields. It was there his relationship with God and confidence in God grew strong!

**1 Samuel 17:45:** When the Philistines and the giant, Goliath, threatened Israel with war ... “David said to Goliath, ‘ You come to me with a sword, a spear, and a javelin, but I come to you in the name of the Lord of Hosts ...’”

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

**Psalms 5:3:** David said, “In the morning, O Lord, you will hear my voice; in the morning, I will order my prayer to you.”

- **Profile in Courage #2:** Daniel the Lion Tamer

A law was passed in Persia that prohibited praying to anyone except King Darius. Daniel refused to obey this edict and was punished by being cast into a lions' den. He not only miraculously survived, no injury whatever was found on him.

What gave Daniel the courage to stand up to both the law and lions? His time alone with God.

**Daniel 6:10:** After the law was passed, Daniel “entered his house and he continued kneeling on his knees three times a day, praying and giving thanks before his God as he had been doing previously.”

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

*“You can map out a fight plan or a life plan, but when the action starts, you're down to your reflexes, that's where your roadwork shows. If you cheated on that in the dark of the morning, you're getting found out now, under the bright lights.” – Joe Frazier*

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

- Jesus started his day in prayer.

**Mark 1:35:** “In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.”

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

**Matthew 26:36,39:** “Then Jesus came with them to a place called Gethsemane, and said to his disciples, “ Sit here while I go over there and pray ... And He went a little beyond them, and fell on His face and prayed, saying, “My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.”

- 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.**

**Matthew 6:6:** “But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.”

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

**John 15:5 (NIV):** “I am the vine; you are the branches. If you abide in me and I in you, you will bear much fruit; apart from me you can do nothing.”  
*“Spend plenty of time with God; let other things go, but don’t neglect Him. We are not here to do work for God, we are here to be workers with Him, those through whom He can do His work.” – Oswald Chambers*

**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.**

*“It is impossible for a believer, no matter what his experience, to keep right with God if he will not take the trouble to spend time with God.” – J. Oswald Sanders*

## **2. How Do We Spend Time Alone with God in the Quiet?**

Some men avoid time with God because, quite frankly, they don’t know where to begin or what to expect. Other men try, but then give up because the approach they use doesn’t work and they become frustrated or bored or both.

Whether you are new to time alone with God or frustrated in your efforts to have this time, below is a proven “God time” outline that can help you connect with God in a rewarding way through its relational approach.

You can use this approach with whatever Bible reading plan you choose to use.

**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!
- Be still for a moment and enjoy His presence.  
**Psalm 27:8:** “You have said, ‘Seek my face.’ My heart says to you, ‘Your face, Lord, do I seek.’”

#### 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.  
**Psalm 145:2:** “Every day I will bless You, and I will praise Your name forever and ever.”

#### C. “I need you God.”

- Take time to discuss with God the specific things you need. Ask Him for help.  
**Philippians 4:6:** “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”
- You can use this time to confess sin and ask for forgiveness.  
**1 John 1:9:** “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”
- You can also ask God for wisdom.  
**James 1:5:** “If any of you lacks wisdom, let him ask God, who gives generously to all.”
- Now transition from this moment to opening your Bible.

#### D. “I’m listening God.”

- Read a selected portion of Scripture asking: “God, what do you want to say to me today?”  
*“Until the Bible begins to talk to us, we really have not been reading it.” – A.W. Tozer*
- 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.
- 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.

## **Your Table Discussion Questions**

1. Do you currently have a regular time alone with God praying and reading His Word? Yes or No? If yes, when, where, and how often are these God times?
2. If you are privately meeting with God, what specific practice or resource could you share with the group that has helped make your time with God be more engaging and meaningful? Explain.
3. Have you ever thought of time alone with God as producing more courage in you as it did in the lives of David and Daniel? How do you think that happens? Share your thoughts.
4. The “BetterMan” approach to time with God that we learned about today is very relational and conversational. Do you think this approach could help make your time with God more meaningful? Explain how. Would you be willing to try it out?

## **Your “BetterMan” Question**

Before our next session, take a moment this week to reflect on your notes, and then answer the following question: What possible action step could I take from this session that could make me a better man? Write your answer in the space below.