

George Muller on the Goal of Daily Quiet Times: (And how Prayer and Reading the Word Flow Together)



George Muller
1805-1898

"While I was staying at Nailsworth (England), it pleased the Lord to teach me a truth...the benefit of which I have not lost, though now, more than forty years have past. The point is this: I saw more clearly than ever that the first great and primary business to which I ought to attend to every day was **to have my soul happy in the Lord**. The first thing to be concerned about was **not**, how much I might serve the Lord, how I might glorify the Lord; but how I might **get my soul into a happy state, and how my inner man might be nourished**."

"The first thing I did (in the morning), after having asked in a few words the Lord's blessing upon His precious Word, was to begin to meditate on the Word of God; searching, as it were, into every verse, to get blessing out of it; not for the sake of the public ministry of the Word; not for the sake of preaching on what I had meditated upon; but **for the sake of obtaining food for my own soul**. The result I have found to be almost invariably this, that after a very few minutes my soul has been led into confession of sin, or to giving thanks, or to intercession, or to making requests; so that even though I did not give myself to prayer, but to meditation, yet it turned almost immediately, more or less, into a time of prayer also."

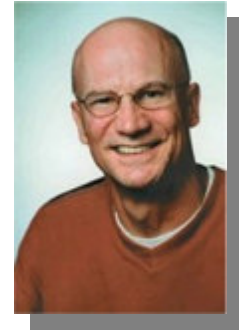
"When thus I have been making confession for awhile, or intercession, or prayer requests, or giving thanks, I go on to the next words or the next verse, turning all, as I go on, into prayer for myself or others, as the Word may lead to it; but still continually keeping before me, that **food for my own soul is the object** of my meditation. The result of this is, that there is always a good deal of confession, thanksgiving, prayer requests and intercession mingled with my meditation, and that my inner man almost invariably is even nourished and strengthened, and that by breakfast time, with rare exceptions, I am in a peaceful if not happy state of heart. Then also the Lord is pleased to communicate to me, very soon after, things that become food for other believers; though preaching to others was not the primary reason I gave myself to meditation, but **for the profit of my own inner man**.

"It often now astonishes me that I did not sooner see this. In no book did I ever read about it. No public ministry ever brought the matter before me...And yet now, since God has taught me this point, it is as plain to me as anything, that **the first thing the child of God has to do morning by morning is to obtain food for his inner man**.

"I dwell so particularly on this point because of the immense spiritual profit and refreshment I have derived from it myself, and **I affectionately and solemnly beseech all my fellow-believers to ponder this matter**...I ascribe to this model because of the help and strength I've received from God, which has allowed me to experience such peace through even the deepest trials in ways I had never known before; and after having now, some forty years later, I can most fully, in the fear of God, commend it. How different when the soul is refreshed and made happy early in the morning, from what it is when, without spiritual preparation, the service, trials and temptations of the day come upon us."

CJ on How We Should Begin Each Day:

"How we begin our morning so often sets the tone for the day. I'm convinced that the most decisive time of our day is very often our first waking moments, because they color everything to come...Purpose by grace that your first thought of the day will be an expression of your dependence on God, your need for God, and your confidence in God."



"Sin—including especially the sin of pride—is active, not passive. Sin doesn't wake up tired, because it hasn't been sleeping. When you wake up in the morning, sin is right there, fully awake, ready to attack. So rather than be attacked by sin in the morning, I've chosen to go on the offensive...This is simply a strategy for taking control of the thoughts we allow in our mind."

"I've found that it's possible for me to charge into my day motivated by self-sufficiency. But I've also learned that the very act of opening my Bible to read and turning my heart and mind to pray makes a statement that I need God."

"I have wildly fluctuating emotional experiences from day to day. One morning I'm profoundly aware that God is near to me, while the next day I can sense only His absence. In a matter of hours I go from what seems to be an effortless experience of pure joy to asking, 'Where are you? Where did you go?' The fact is, of course, He didn't go anywhere. Yesterday He allowed me to sense His presence; today He seems to be sending the message: 'I want you to grow more in your trust in Me; therefore I'm withdrawing that sense of my nearness.'"

"As we stumble through our morning routine, we're not directing the thoughts in our mind—we're simply at their mercy. We entertain complaints about what happened yesterday or worries about what's coming today. We look in the bathroom mirror and assess the damage, then brood over how we feel. We're not in charge of our thinking. We're just there. But instead, you can declare war on pride by speaking the truth to yourself and set the right tone for your day by mentally affirming your dependence on God and your need for Him."

"Reminding ourselves of the gospel is the most important daily habit we can establish. If the gospel is the most vital news in the world, and if salvation by grace is the defining truth of our existence, we should create ways to immerse ourselves in these truths every day. No days off allowed...Don't worry—even if you don't consider yourself a public speaker, you can do this. Your audience is your own heart...It's a matter of sitting down, grabbing your own attention, and saying, 'Hey, self, listen up! This is what matters most: You're forgiven! You have hope! Your hope is based on the sacrifice of Jesus. So let's not view this day any other way. Let this day be governed by this one defining truth.'"