

## Quiet Time #2:

*Say a prayer asking the Holy Spirit to help you focus on His Word. Ask the Holy Spirit to speak to you through these two chapters. Ask Him to help you understand the chapters and see yourself in them. Ask Him to clear your mind so that you may hear the personal message that He has prepared for you from these chapters.*

1. What promises does God make to each of the seven churches (Focus on Revelation 2:7,11,17,26-27; 3:5,12,21)?
2. What do these promises mean to you? What is God promising you? Do you want to partake in these promises? *(Be honest with yourself. Consider your heart and your desire. Are these your goals in life? Are these things you are looking forward to? Are they things you are seeking? Maybe they are things you would like to focus on, but you are so distracted with other (worldly, materialistic, career) things right now.)* Write an honest prayer to God expressing your desire or asking Him to give you the desire for these amazing and eternal gifts.

3. God promises these things to those who "overcome". In your mind, who are those that overcome?

They are the ones who wage war on everything that is keeping them from this sacrificial love.

4. Are you an "overcomer" or not? Where do you fall short of being an "overcomer"?

Am I dominated by my ego with its wishes and demands? Mat 16:24

Do I look out for my own interests? Phil 2:21

Is my mind on earthly things and my god is my belly? Phil 3:19

Am I persisting in any of these sins (Gal 5:19-21) and have not learned to overcome them?

Am I quick to take offence when corrected, wronged, or denied the recognition I think I deserve?

Do I harbour in my heart bitter feelings and accusations?

Do I find it hard to accept difficult, seemingly meaningless paths or times of spiritual dryness when the Lord seems far away?

Have I overcome my unwillingness to bear a cross? Mat 10:38 (The cross may be sickness, humiliation, unfulfilled wishes, disgrace, disappointments, or having to live with difficult people)

Is His nearness worth more to me than anything else, including the opinion of others?

If we are dominated by our ego like this, a barrier is erected: we cannot reach His heart, and our love for Jesus cannot develop.

5. What common theme do you see across the churches?
6. Salvation and eternal, spiritual blessing do not come through good works, but through repentance. When we maintain a repentant heart and know who we are, including our weaknesses, and maintain a right image of who God is (as discussed during Talk 1, Quiet Time 1, and Discussion 1) we begin to understand God's great love for us. We begin to see how much God loves us and how much He suffers for us (even now) and for our sins, yet He never gives up on us or loses hope in us or changes His mind about us. The call to the churches was to repent. Take this time to write a prayer of repentance for the things you identified in yourself in question 4.

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7. It is true repentance that allows us to experience God's love and gives us the desire to respond to that love through good works. Read 2 Corinthians 5:14-19. If you have experienced God's love on this retreat and feel compelled by it, write a practical commitment to become an "overcomer". If you do not feel compelled, do not force yourself to do this. God does not want us putting rules on ourselves and being legalistic about them. We will not succeed, if we do so. Simply write a prayer asking God to give you a repentant heart and to allow you to understand and experience His great love.

*Remain hopeful! Even if you are not experiencing anything write now, that does not mean that God is not working in you. God is working in you and will always work in you! He has told us to, "be[ing] confident of this very thing, that He who has begun a good work in [me] will complete it until the day of Jesus Christ". He has also promised His Father, "You have given [Me] authority over all flesh, that [I] should give eternal life to as many as You have given [Me]... Those whom You gave Me I have kept; and none of them is lost" (John 17, 2, 12).*