

Heart to Heart

Devotional Thoughts for Women

November 2016

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Quiet Time

When my siblings and I were little, we eventually reached the point where we outgrew afternoon nap time. We thought this was a wonderful milestone which meant we could finally stay up and play all afternoon, but, alas, my mother had other ideas. She instituted what became known as “quiet time.” We didn't have to go to sleep or even lie down in our beds, but we did have to stay in our rooms with the door shut and not make a peep for the specified amount of time she mandated. (Some days, I believe quiet time lasted much longer than others.) For me, this wasn't too terrible since I am an introvert and quite enjoy alone time. However, it sometimes drove my brother nuts. I didn't really understand why my mother did this...until I became a mom. Then I realized how brilliant my mother really was!

While I wholeheartedly endorse quiet time for young children, I believe that we need to mandate it for ourselves as well. How often do you go out in society and notice how quiet and serene everything is around you? Not very often, right? It seems that everywhere we go, our senses are bombarded with screens, images, and noise. We can't seem to escape it. Even in our own homes, we are constantly drawn to a screen whether it is a TV, computer, tablet, cell phone, or other device. How often do we take the time to turn off the noise, turn off the screens, shut ourselves in our room and just experience some quiet time?

When my mother put us in our rooms for quiet time, we didn't just sit mute on the bed or a chair for a couple of hours staring at the walls; we were allowed to read books or play with our toys, just silently. This was a chance for us to learn to use and

expand our imaginations, and it also taught us to learn contentment in being alone. In other words, we didn't have to be constantly entertained by other kids or a screen. We learned to be able to sit quietly and contentedly anywhere whether it was a doctor's office, a schoolroom, or church. It amazes me sometimes when I see adults who are not even able to do this, especially at events that call for respect and silence such as graduation and wedding ceremonies, funerals, and church services.

This same principle that works for children applies to us. Spending some quiet time to think, read, use our imaginations, and learning peaceful contentment would be very beneficial. Experiencing some quiet time also recharges our batteries by resting our overstimulated minds and senses. My youngest son *hated* having quiet time when he was little. He is very social, so it was akin to torture for him to be holed up in his room all alone. However, now that he is working full time and interacting with people and screens constantly, he often voluntarily takes quiet time on Sunday afternoons and relishes every minute of it!

Quiet time also affords us an opportunity for spiritual renewal and growth. It gives us a time to focus completely on God and His Word. Sometimes we fret that we are not feeling close to God, or we long for His peace in the midst of a chaotic world, not recognizing that we thwart those efforts by not staying still and quiet long enough to connect with Him or to empty ourselves so that He may fill us. We are very familiar with Psalms 46:10 which tells us to, "*Be still, and know that I am God.*" This sentence is an imperative which means it is a command. God isn't asking us to contemplate who He is when we get around to it or while we're scrolling on facebook. He tells us to stop everything, and be still in order to know Him. In the latter part of verse 4 of Psalm chapter 4, we are told to, "*Meditate within your heart on your bed, and be still.*" Habakkuk 2:20 reminds us, "*But the Lord is in His holy temple. Let all the earth keep silence before Him.*" And Psalm 37:7 encourages us to, "*Rest in the Lord, and wait patiently for Him.*"

Be still, meditate, keep silence, rest. God the Father is telling His children, "You need to have some quiet time."

~Heather Pryor

"The quieter you become, the more you can hear." ~Ram Dass

"In repentance and rest you shall be saved; in quietness and confidence shall be your strength." ~Isaiah 30:15

Ladies Bible Class – November 19th, 9:00 a.m. We will be continuing our study in the book of Nehemiah. Please bring your Bible and a breakfast item to share, and study **Lessons 5 & 6** before class.

Search the Scriptures

Choose the correct answer and fill in the blank.

Elijah	Joshua	Mary	Zacharias	Jesus
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1. Who shut out the distractions of the world in order to sit at the feet of Jesus and listen to Him? _____
2. Who was forcibly made quiet for nine months for disbelieving the words of an angel? _____
3. Who found God in a "still, small voice"? _____
4. Who invited some of his friends to a deserted place in order to rest? _____
5. Who was told to meditate on the law of the Lord day and night?

RECIPE CORNER

"She...provides food for her household." ~Prov. 31:15

PUMPKIN CHEESECAKE BARS

Crust:

1 1/2 cups cinnamon graham cracker crumbs 1 T. brown sugar
1/4 cup sugar 6 T. melted butter

Cheesecake:

2 pkgs. cream cheese 1/2 cup + 2 T. canned pumpkin
1/2 cup + 2 T. sugar 1/2 tsp. cinnamon
1 tsp. vanilla 1 tsp. pumpkin pie spice
2 large eggs

Topping:

1/2 cup brown sugar 1/4 tsp. cinnamon
1/2 cup all-purpose flour 1/4 cup softened butter
1/4 cup quick-cooking oats 1 tsp. vanilla
Caramel sauce

Combine all crust ingredients and press into a greased 8x8 baking dish. In a bowl, combine cream cheese, sugar and vanilla until smooth and creamy. Add eggs, one at a time and beat smooth. Remove 1 1/2 cups of cream cheese mixture and pour over crust. To the remaining mixture, add canned pumpkin and spices. Beat until smooth, then carefully pour over cheesecake layer. For the topping, mix brown sugar, flour, oats and cinnamon until well-combined. Add softened butter and vanilla and mix until crumbly. Sprinkle topping over pumpkin cheesecake layer. Bake in a 350 degree oven for 50-55 minutes. Let cool for about an hour, then refrigerate for at least 2 hours. Drizzle caramel sauce over the top, cut into bars and serve.

BETTER THAN ANTHING CAKE!

(submitted by Linda Haddock)

18 1/2 oz. pkg. chocolate cake mix 8 oz. Cool Whip
14 oz. can sweetened condensed milk 4 Skor or Heath toffee
6 oz. jar caramel or hot fudge bars, crushed
 topping sauce

Prepare cake according to directions and bake in a 9x13 inch pan. Pierce warm cake all over with a toothpick. Pour condensed milk over cake. Pour caramel sauce over cake. Chill cake. Before serving, top with Cool Whip and crushed candy bars. Yield: 15 svgs.