

## Study to be quiet: Meditate

Written by Timothy Houston  
Wednesday, 29 May 2013 13:35

---

"Study to be quiet." It has been 15 years since I put pen to paper to write what then was my first book. At the time, I was going through an extremely difficult period in my life, and I began journaling as a means of therapy. I would get up at 5:00 AM each morning. It was during this quiet time that I would write out my complaint to God. Day after day, I wrote. After months and months of complaining, one day, I ran out of things to complain about. It was then that God began to speak back to me the answers to my problems. Days later, I had an epiphany and realized that if I had been quiet, I would have gotten the answers that I needed a long time ago.

What does it mean to study to be quiet? If prayer is the method of talking to God, then being quiet is the method of listening to Him. Study to be quiet is the process of quietly meditating or reflecting on the voice of God. It is a quest to hear from Him clearly during times of personal crisis. Quieting your inner man when your outer man is going through turmoil is not easy, but there is help. When you quiet your voice, God will quiet your spirit.

First, to study to be quiet, you must first be silent. Silence is golden. It is a precious commodity. This is more than just not talking during your prayer time. Your mouth could be quiet, but your spirit could be raging. Your mouth could be quiet, but your body could be in torment. You need to learn to quiet your spirit, soul, and body. Study to be quiet means you are at peace with God. Peace with God brings about peace with self, and peace with self leads to peace with others. A quiet spirit leads to a quiet person.

Secondly, to study to be quiet, you must be still. Have you ever passed a billboard on the highway? How much information were you able to grasp? You probably notice the obvious things, but to get the details, you may have needed to slow down. If you were going to read the fine print on the billboard, you may have needed to come to a complete stop. Life is not a billboard to be rushed passed. It is a work of art that must be painted one day at a time. The more time you spend in quiet contemplation, the clearer your life's picture will be.

Finally, to study to be quiet, you must be separate. This means leaving the crowd. The crowd promotes "group think." In the multitude, you will say and do what everyone else is doing. Most of our misdirection, failures, and inconsistencies can be traced back to the crowd. To get directions for your life as an individual, you need individual time alone with God. This separation will allow you to perfect your purpose, vision, and direction.

You must study to be quiet. Reading a book on golf will not make you a better golfer. That requires practice. To be a good golfer, you must study the art of golf and you must practice good golf principles. The study to be quiet is the same way. You have to do it to get better. Like golf, if you only rely on practice alone, you will develop bad habits. These are all the byproduct of bad instructions. To be the best you possible, you must take the time needed to study to be quiet. When you do this, your vision will be clearer, your purpose will be intentional, and your life will be better.

*Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. To get copies of his books, for questions, comments or more information, go to [www.tlhouston.com](http://www.tlhouston.com).*