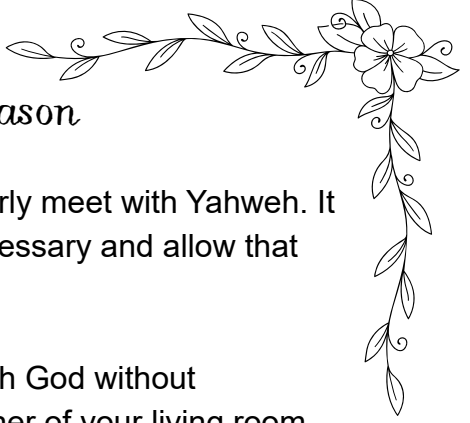
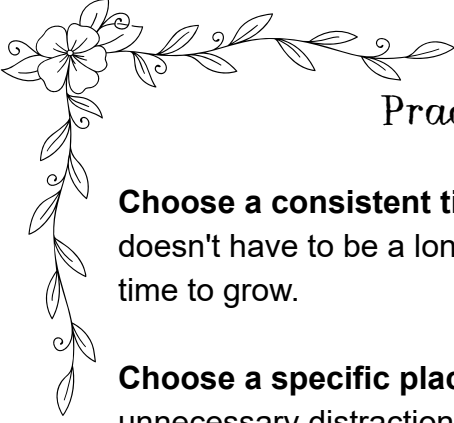




Practical Tips for the Secret Place Season

Choose a consistent time. Pick a time of day when you can regularly meet with Yahweh. It doesn't have to be a long period of time. Start with 10 minutes if necessary and allow that time to grow.

Choose a specific place. Find a quiet spot where you can meet with God without unnecessary distractions. It might be a chair in your bedroom, a corner of your living room, your porch, or even your car.

Put your phone away. Silence notifications or leave your phone in another room. Give Yahweh your undivided attention rather than allowing your phone to compete for it.

Begin with Scripture. Open your Bible and ask Yahweh to speak to you through His Word. Don't feel like you have to read several chapters. Sometimes one verse, read slowly and thoughtfully, can transform your time with Him.

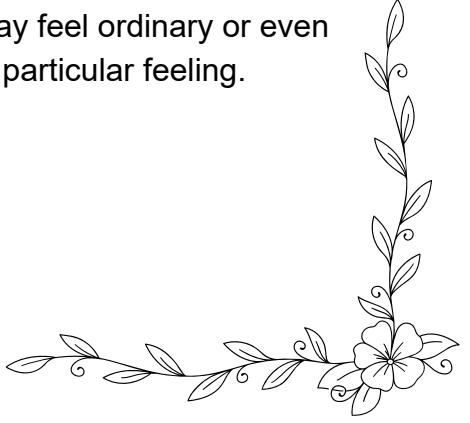
Pray before you read. Ask God to open your eyes and give you understanding. Psalm 119:18 is a beautiful prayer: "Open my eyes, that I may behold wondrous things out of your law."

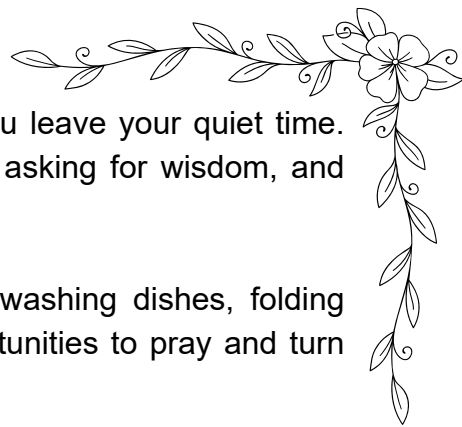
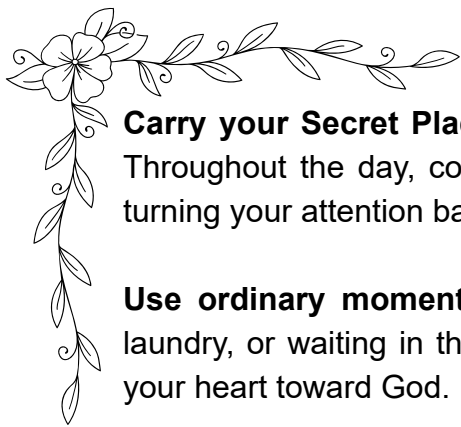
Talk to Yahweh honestly. Don't worry about making your prayers sound impressive. Tell Him what you're thinking, what you're struggling with, what you're thankful for, and what you're afraid of. Abiding involves relationship, and relationships require honest conversation.

Spend time listening. Prayer isn't just talking to God. After you've prayed, sit quietly for a few minutes and allow yourself to be still. Keep Scripture nearby and test what you sense against God's Word rather than assuming every thought is God's voice.

Keep a prayer journal. Write down what you're praying about, Scriptures that stand out to you, things you're learning, and ways you've seen God answer prayers. Looking back can remind you of God's faithfulness.

Don't wait until you feel spiritual. Our relationship with Yahweh isn't a feeling. Some days your Secret Place will feel powerful and meaningful. Other days it may feel ordinary or even difficult. Show up anyway. Abiding is about remaining, not chasing a particular feeling.





Carry your Secret Place with you. Abiding doesn't end when you leave your quiet time. Throughout the day, continue talking with Yahweh, thanking Him, asking for wisdom, and turning your attention back to Him.

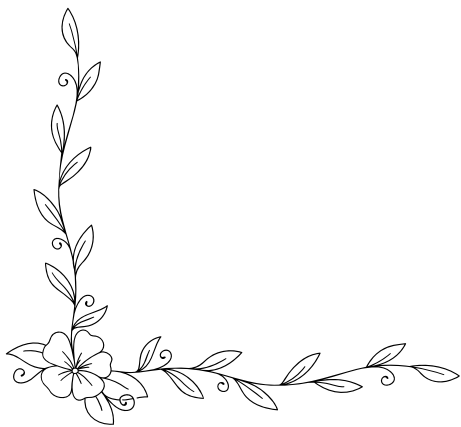
Use ordinary moments to reconnect. Your commute, a walk, washing dishes, folding laundry, or waiting in the school pickup line can all become opportunities to pray and turn your heart toward God.

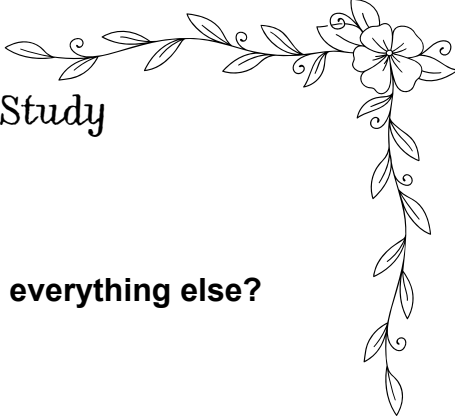
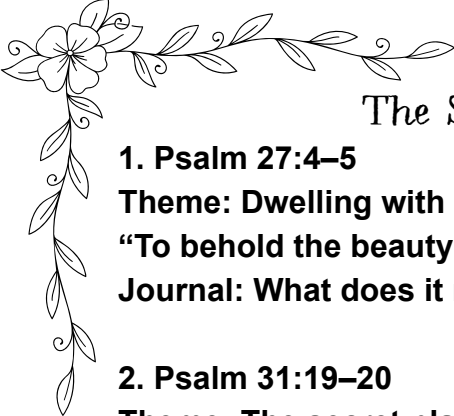
Make abiding a lifestyle, not a checklist. The goal isn't to check "quiet time" off your to-do list. The goal is to know Yahweh more deeply, remain close to Him, and allow His presence and Word to shape the way you live.

A Simple 20-Minute Secret Place Routine

If you need a jumping-off point to begin a Secret Place routine, you can use the following framework to get you going. Remember, there is no commandment to spend time with Yahweh at a certain time or in a certain way. This is only a suggestion to get you started if you're feeling stuck.

- 5 minutes — Read a short passage of Scripture slowly.
- 5 minutes — Write down the passage of Scripture you read.
- 5 minutes — Reflect and ask, *what is God showing me?* What does this reveal about Him?
- 5 minutes — Pray. Talk honestly with God about what you've read and what you're facing. Sit quietly, thank Him for His presence, and surrender your day to Him.





The Secret Place – 30-Passage Psalm Study

1. Psalm 27:4–5

Theme: Dwelling with God

“To behold the beauty of the Lord...”

Journal: What does it mean for me to desire God Himself above everything else?

2. Psalm 31:19–20

Theme: The secret place of His presence

God hides His people in the secret place of His presence.

Journal: What does God's presence provide that the world cannot?

3. Psalm 32:7

Theme: God as my hiding place

“You are my hiding place...”

Journal: What am I currently tempted to hide from or run from?

4. Psalm 36:7–9

Theme: Refuge under His wings

Journal: What does God's lovingkindness cause me to trust Him with?

5. Psalm 57:1–2

Theme: Refuge until the storm passes

David takes refuge under God's wings until calamity passes.

Journal: Can I remain hidden in God while I'm waiting for circumstances to change?

6. Psalm 63:1–8

Theme: Thirsting for God

“My soul thirsts for You...”

Journal: What does my soul currently thirst for? Is it truly God?

7. Psalm 73:23–28

Theme: Drawing near to God

“It is good for me to draw near to God.”

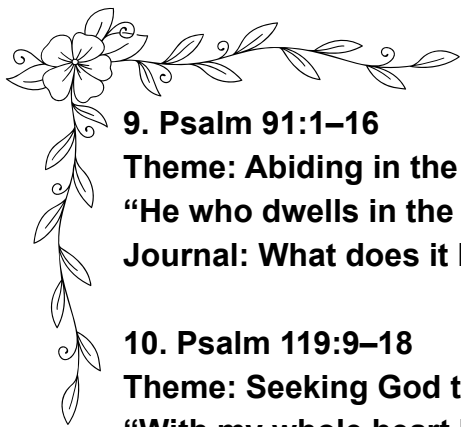
Journal: What helps me draw nearer to God? What pulls me away?

8. Psalm 84:1–12

Theme: Longing for God's dwelling place

“How lovely is Your tabernacle...”

Journal: Do I long for God's presence the way the psalmist longs for His house?



9. Psalm 91:1–16

Theme: Abiding in the Secret Place

“He who dwells in the secret place of the Most High...”

Journal: What does it look like practically to dwell, rather than merely visit?

10. Psalm 119:9–18

Theme: Seeking God through His Word

“With my whole heart I have sought You...”

Journal: How does Scripture help me remain in the Secret Place?

11. Psalm 4:3–5

Theme: Being set apart for God

Journal: What does it mean to know that God has set me apart for Himself?

12. Psalm 5:1–3

Theme: Meeting God in the morning

David intentionally brings his voice before God in the morning.

Journal: What would change if I gave God the first part of my day?

13. Psalm 16:5–11

Theme: God as my portion

“You are the portion of my inheritance...”

Journal: Is God enough for me?

14. Psalm 17:6–9

Theme: Hidden under His wings

David asks God to keep and hide him.

Journal: Where do I need God's protection right now?

15. Psalm 23:1–6

Theme: Walking with the Shepherd

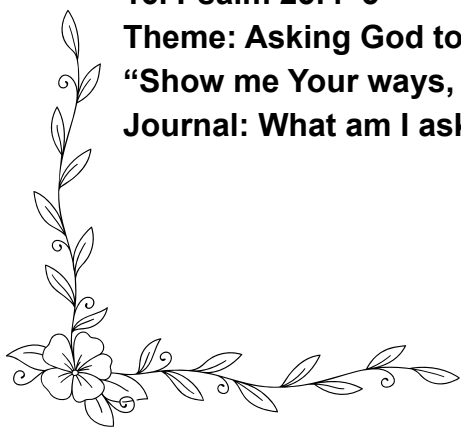
Journal: What does my Shepherd invite me to receive instead of striving for?

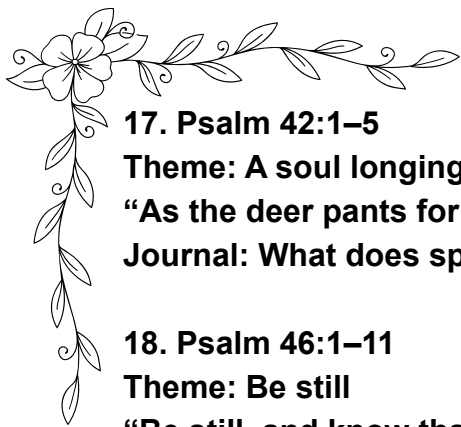
16. Psalm 25:4–5

Theme: Asking God to teach me His ways

“Show me Your ways, O Lord...”

Journal: What am I asking God to teach me in this season?





17. Psalm 42:1–5

Theme: A soul longing for God

“As the deer pants for the water brooks...”

Journal: What does spiritual hunger look like in my life?

18. Psalm 46:1–11

Theme: Be still

“Be still, and know that I am God.”

Journal: What do I need to stop carrying and surrender to God?

19. Psalm 51:10–12

Theme: A clean heart

“Create in me a clean heart, O God...”

Journal: What do I need God to cleanse, renew, or restore in me?

20. Psalm 55:16–18

Theme: Bringing burdens to God

David continually calls upon God in prayer.

Journal: What burden do I need to bring into the Secret Place instead of carrying alone?

21. Psalm 61:1–5

Theme: Being led to a higher rock

“Lead me to the rock that is higher than I.”

Journal: Where do I need God to lift my perspective?

22. Psalm 62:1–8

Theme: Waiting silently before God

“My soul waits silently for God...”

Journal: Can I be still before God without needing an immediate answer?

23. Psalm 63:6–8

Theme: Remembering God in the night

David meditates on God during the night watches.

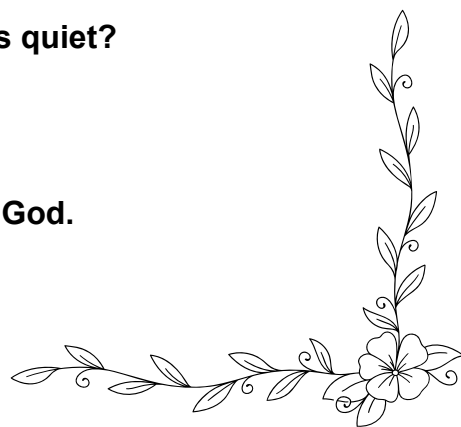
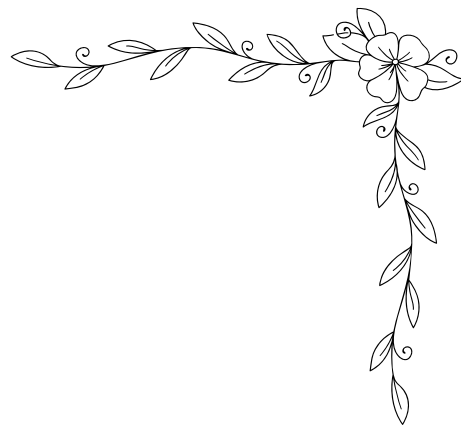
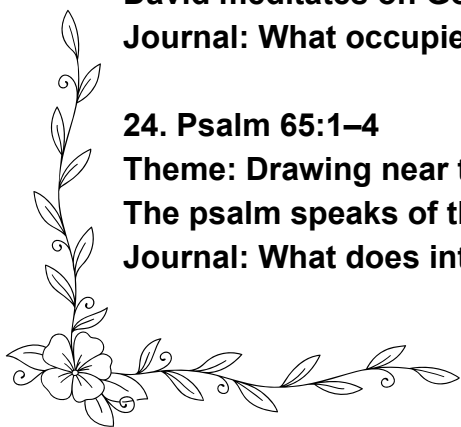
Journal: What occupies my thoughts when everything becomes quiet?

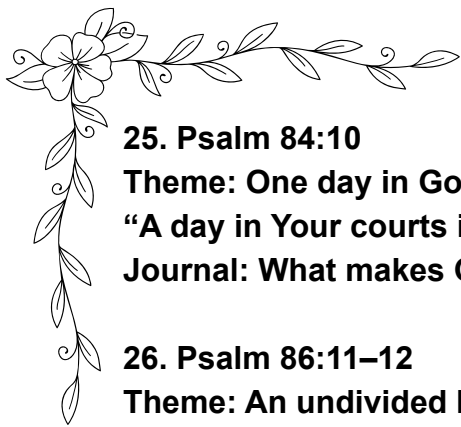
24. Psalm 65:1–4

Theme: Drawing near to God

The psalm speaks of the blessedness of being brought near to God.

Journal: What does intimacy with God mean to me?





25. Psalm 84:10

Theme: One day in God's courts

"A day in Your courts is better than a thousand."

Journal: What makes God's presence more valuable than everything else?

26. Psalm 86:11–12

Theme: An undivided heart

"Unite my heart to fear Your name."

Journal: What competing desires are dividing my heart?

27. Psalm 90:14

Theme: Being satisfied with God's love

"Oh, satisfy us early with Your mercy..."

Journal: What am I looking to satisfy me that only God can satisfy?

28. Psalm 103:1–5

Theme: Remembering God's benefits

David calls his own soul to bless and remember the Lord.

Journal: What has God done for me that I need to remember?

29. Psalm 105:4

Theme: Seeking His face continually

"Seek the Lord and His strength; Seek His face evermore!"

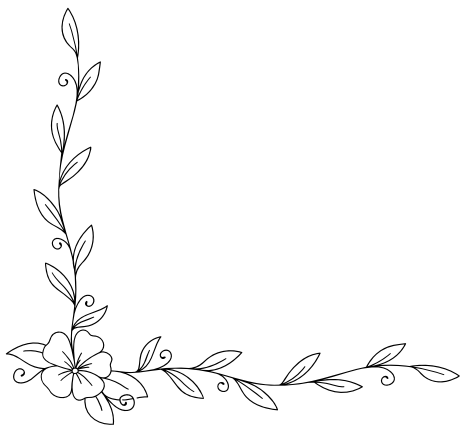
Journal: Am I seeking God's hand—or God's face?

30. Psalm 119:145–148

Theme: Crying out to God in the night

The psalmist rises before dawn and remains awake to meditate on God's Word.

Journal: What would it look like for God's Word to become my refuge when I cannot sleep?





BIBLE STUDY

DAILY DEVOTION

DATE



BIBLE VERSE

OBSERVATION:

REFLECTION

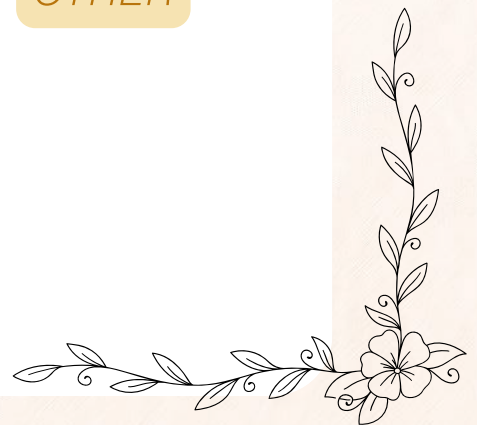
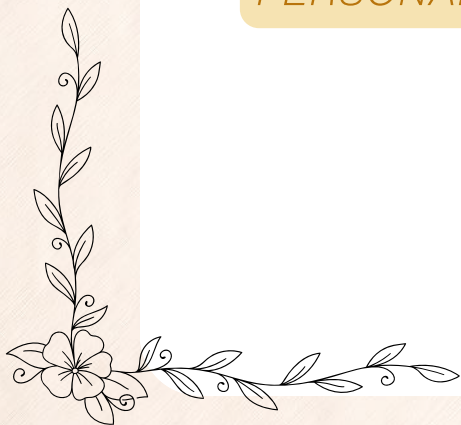
APPLICATION IN LIFE

PRAYER

PERSONAL

FAMILY

OTHER





DAILY DEVOTION



A large rectangular area with rounded corners, containing 25 horizontal lines for writing. The lines are evenly spaced and extend across the width of the central area.

