

Breathe
Week 3
The Secret Place

Introduction: The Call to the Secret Place

- In a noisy, hurried, distracting world, God's calling us back to quiet intimacy.
- Scripture: Matthew 6:6 – “When you pray, go into your room and shut the door...” (a personal prayer closet—not just a war room for intercession).
- Jesus often withdrew to lonely places for prayer (Luke 5:16). If Jesus needed solitude, how much more do we?

I. Intimacy Happens in the Secret Place

- **Scripture:** Song of Solomon 2:10–14 – shows relationship language, not just religion.
- Key idea: God invites us to come away with Him—not to perform, but to be known.
- The secret place is a meeting spot, not a hiding place; it's where communion happens.
- **For Men:** Think of David—warrior, king, poet—who wept and worshipped in solitude.
True strength comes from a relationship with God, not performance.
- **Takeaway:** Intimacy with God fuels victory, courage, and authentic strength.

II. The Lord Reveals His Secrets to Those Who Dwell with Him

- **Scriptures:** Psalm 25:14 – “The secret of the Lord is with those who fear Him.”
- God shares secrets in the secret place.
- Jeremiah 33:3 – Call on God, and He reveals mysteries.
- Examples: Moses on the mountain (Exodus 33:21–22).
- **Key Practices:**
 - **Intentional Getaway:** Schedule solitude like meetings.
 - **Listening:** Create space for silence, not just talking.
 - Quotes from saints and leaders:

St. Bernard of Clairvaux, A.W. Tozer, Dallas Willard, Mother Teresa — all emphasize the importance of silence, stillness, and seeking God in quiet.

- **Insight:** Silence strips away noise, revealing the quiet presence of God.

III. How the Secret Place Transforms You

- When in His presence:
 - **Peace replaces pressure:** “Be still and know” (Psalm 46:10).
 - **Clarity replaces confusion:** Hear God's guidance.
 - **Love replaces loneliness:** Feel seen and loved.
 - **Strength replaces striving:** Empowered by His presence.
 - **Compassion replaces criticism:** Love others as He loves us.
 - **Depth replaces dryness:** Overflow in worship, relationships, ministry.

IV. Action Steps: Living from the Secret Place

- **Challenge:**
 - Set a daily appointment with God—even 10–15 minutes.
 - **Practical tips:**
 - Unplug from devices; leave your phone outside.
 - Find a sacred space—a chair, park bench, car.
 - Practice breathing, silence, Scripture, stillness.
 - Write down what God whispers (journal).
 - **Scriptures for encouragement:**
 - Psalm 46:10, Isaiah 30:15, Mark 1:35.
 - Remember: Silence isn't awkward; it's holy. It's the presence of God without distraction.

Closing Moment:

Invite congregation into a few moments of intentional silence.

Lead in prayer:

“Lord, teach me to come away with You. To breathe again in Your presence. To find my strength and identity not in noise, but in the secret place with You.”