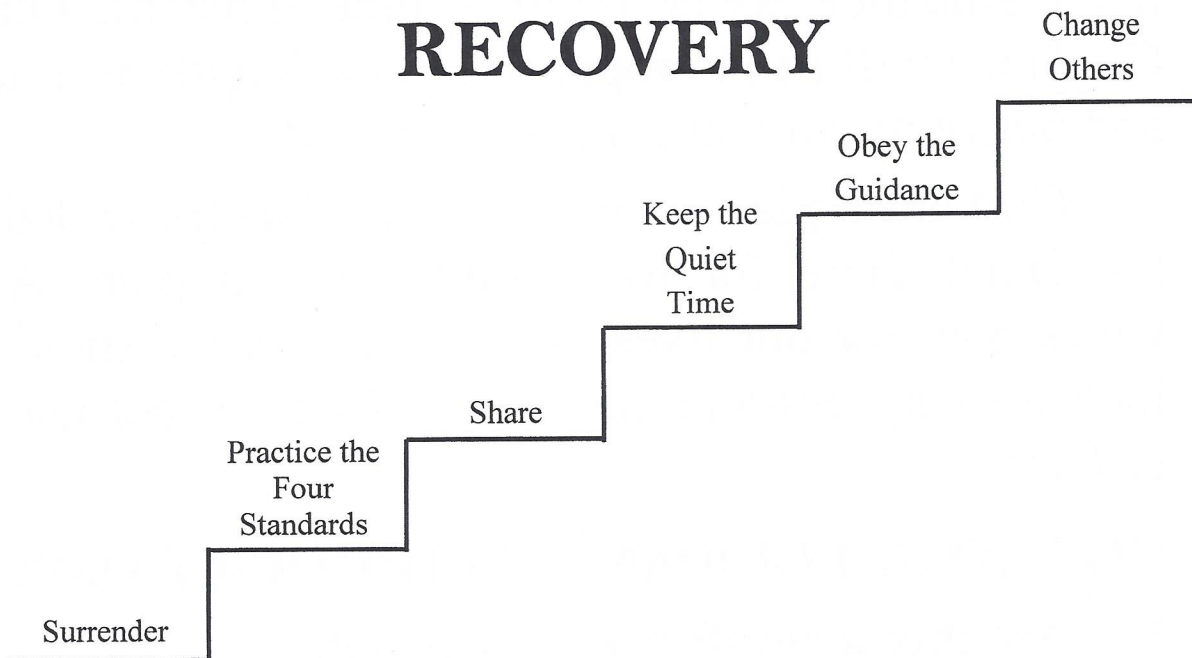


STEPS ON THE STAIRWAY TO RECOVERY



THE QUIET TIME

DIFFERENT NAMES:

PRAYER—Emphasizes petition

SILENCE—Emphasizes realization

QUIET TIME—Emphasizes listening

THE most difficult thing in the world is to listen—but (it is) the most productive. The Quiet Time emphasizes all of these elements—petition, realization, and listening.

The Quiet Time has a genius of its own—it brings us to a closer relationship with God within ourselves . . . It is a consequence of surrender—if we surrender our own will, . . . we instinctively listen for (God’s will). And we cannot get (God’s) Guidance until we surrender our own. Life is very complex. Someone has said “Life is very easy until we begin to live it.” We need much guidance—God

(provides) it for us in the Quiet Time. As we need much guidance, we need much (time to listen). Our Guidance will be in proportion to the length of time and purity of our (time alone with God).

God has a plan for our lives. He has (provided) the Quiet Time for us to discover that plan. As God's plan for our lives is very definite we should look for very definite instructions (during) our Quiet Time.

HOW TO GET GUIDANCE IN THE QUIET TIME

- 1. Assume a comfortable position.**
- 2. Enter with an attitude of real expectancy.**
- 3. Insist that the revealing shall come.**
- 4. Maintain an attitude of reverence, love and humility.**

The secret of an enlarged and surer guidance lies in obeying all guidance that you get. How to distinguish between thoughts that come from personal desire, or the lesser self, and those that are from God—pass each one through the four-fold test of the Four Standards.

God can never guide you to do anything that is not Honest, Pure, Unselfish and Loving. It is a very great help to keep the Quiet Time with others in addition to our own Quiet Time and then check our guidance with them.