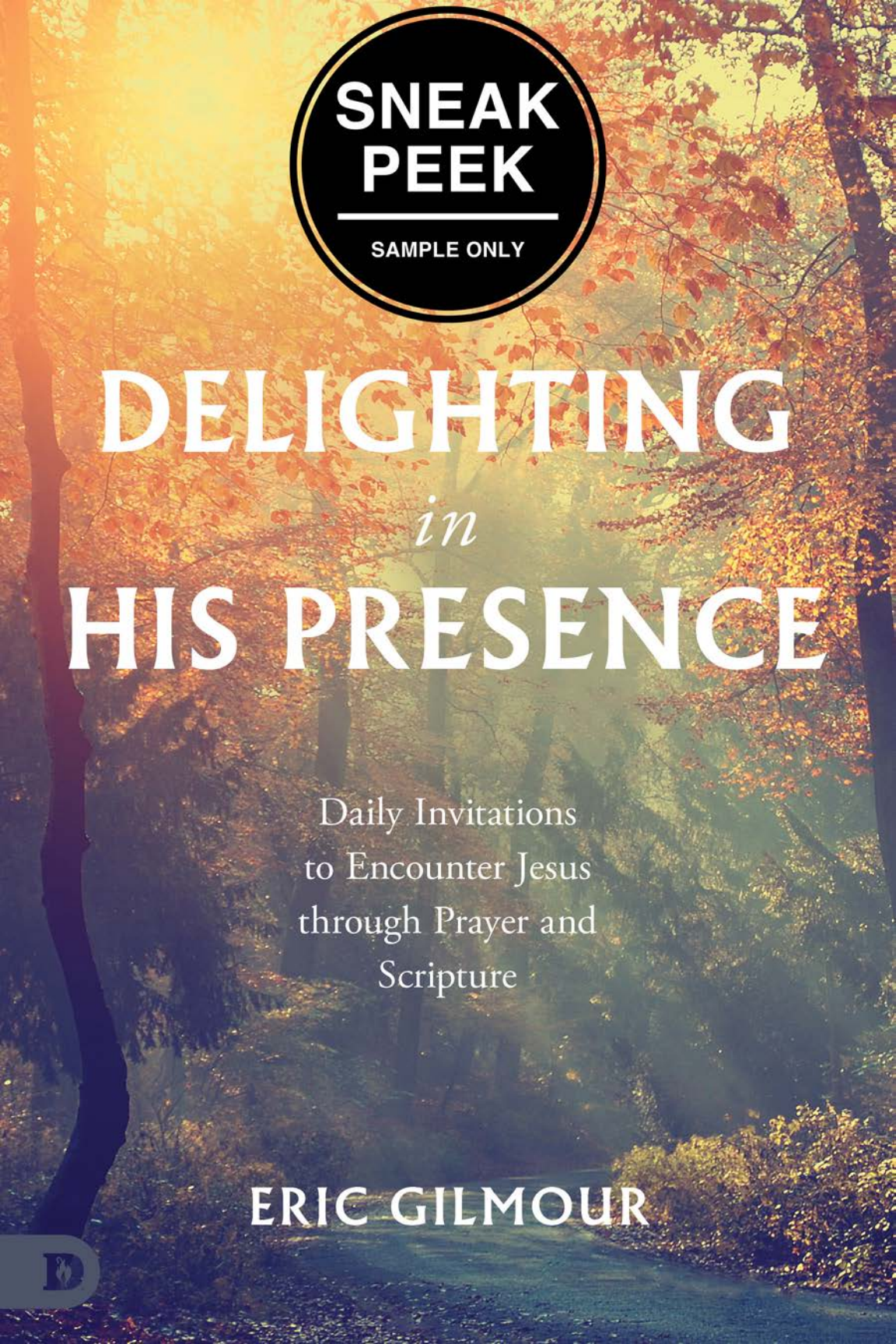




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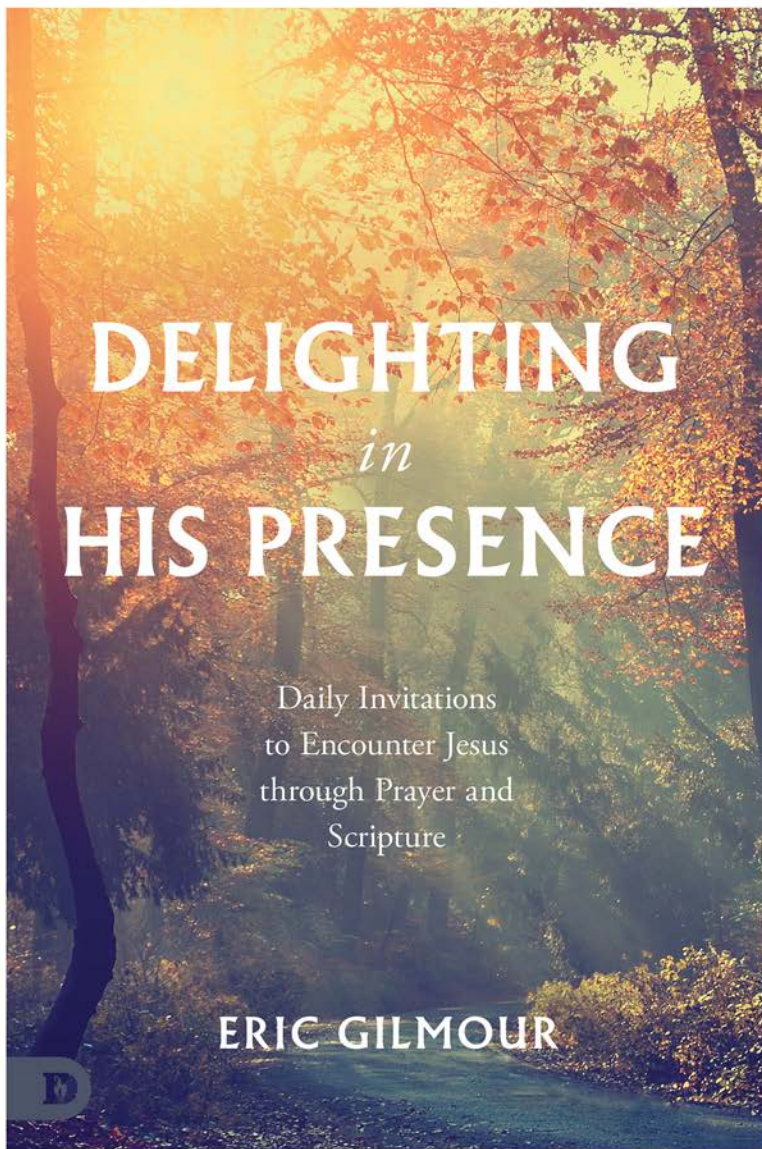


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CHAPTER 1

A Calm Hour with God

For thus says the Lord God, the Holy One of Israel: "In returning and rest you shall be saved; in quietness and confidence shall be your strength..."

(Isaiah 30:15 NKJV).

When I first abandoned my life to the Lord in 1996, a man of God picked me up early in the morning for a road trip. As I sat there in the passenger seat, he turned to me and said, "Let's pray." I immediately started to rattle off in tongues, progressively getting louder with greater fervency and focus. I didn't know what else to do. I was mimicking what I had seen others do and thought that's what you do when you pray. Anyone looking at me would have thought I was in agony, making sounds, rocking back and forth in constant motion. This man of God waited patiently for me to finish machine-gunning God with tongues and desperate cries.

When the smoke finally cleared from my assault on God and war initiation with hell, the car became silent. Then with the steering wheel in one hand and his steaming coffee in the other, this man of God said softly, "Jesus, I worship You." He sat quietly and nearly whispered, "I worship You, precious Lamb of God. There is no one like You. I worship

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You.” In an instant, the undeniable presence of the Holy Spirit filled the car, deeply touching my heart.

The experience intrigued me. *How was he able to invoke God’s presence with such ease?* I wondered. This man had not raised his voice or even appealed to God to manifest Himself. He had simply looked to Jesus in adoration. I learned an incredibly valuable lesson that day—*adoration is the secret to experiencing the conscious presence of God.* One ounce of adoration moves God more than any amount of effort and striving. This reminds me of something Canadian preacher and theologian, A. B. Simpson, is believed to have said when he saw people raising their voices in prayer, “People who are always yelling at God must live very far away from Him.”

Dear reader, to gaze upon God in sweet fixation and loving worship is more valuable to God than any religious or human practice. Nothing is more humble than adoring Jesus. We must let this settle into our hearts as adoration puts us in our proper place and places Him in His as Lord over all.

Prayer must be understood to be the sustained fixation of the soul upon God. We must recognize that the blood that poured out from the flesh of the God-Man was to rend the veil over our eyes so that we could have an endless vision of Jesus. That is what prayer is—*“looking unto Jesus”* (Hebrews 12:1-2). This is the reconciliation: *the restoration of God and man in direct fellowship, finding pleasure in each other.* A. W. Tozer, the well-beloved author and American evangelical pastor, said it this way, “When the eyes of the soul looking out meet the eyes of God looking in, heaven has begun right here on this earth.”¹

True maturity in God is delighting in Him whether we ever receive the answers to our prayers. So many people have no idea that communion with God can be a great delight. As the Scottish preacher and writer Robert Murray McCheyne said, “A calm hour with God is worth a whole lifetime with man.”² I submit to you that, not only can prayer be a great delight, but it should be the very source of all our delight. Dutch mystic John van Ruysbroeck wrote, “For while we please God and God pleases us, then love is practiced and eternal life.”³

About Eric Gilmour

Eric Gilmour is an author, musician, and itinerant speaker who travels domestically and internationally. He and his wife, Brooke, are the founders of Sonship International, a teaching ministry committed to strengthening the Church. Their hearts are to bring the Church into a deeper experience of God's presence in their daily lives. With more than 100,000 subscribers on YouTube, Eric's music and teachings have aided millions of people in resting in the presence of God.

Eric, Brooke, and their two daughters, Madison and Lia, reside in Orlando, Florida. They have two golden retrievers, Mia and Oakley. When he's home you can find him spending time with his family, reading, and/or with a camera in his hand filming or taking pictures, namely in the golden hour.

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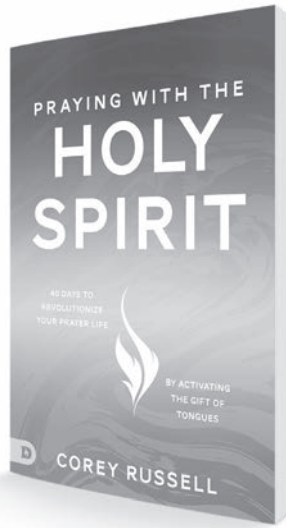
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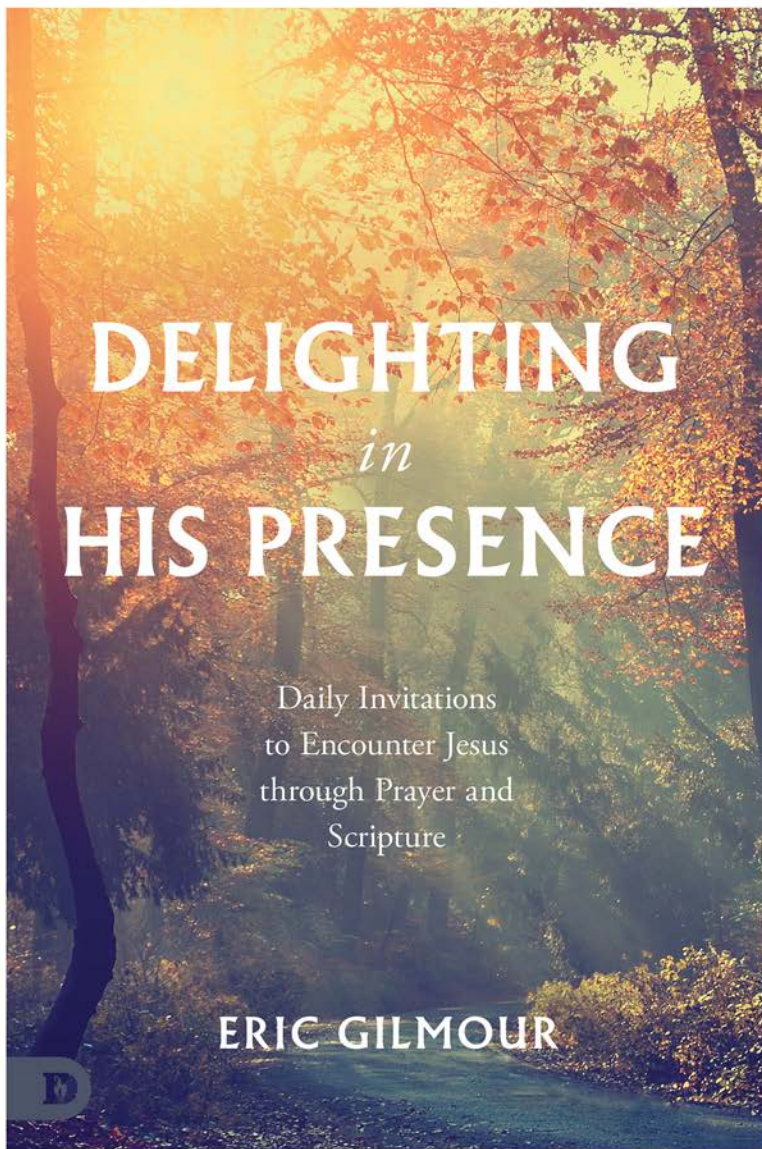
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