

*The  
Secret Place*

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# Questions and Nuggets on the Secret Place

- **What is it?**
  - In a nutshell, the Secret Place is your time with God!
- **Where is it found in Scripture?**
  - He who dwells in the secret place of the most high shall abide under the shadow of the Almighty..... (Psalm 91:1)
  - You are my hiding place... (Psalm 32:7/Psalm 119:114)
  - When you pray, go to your room.... pray to your Father who is in the Secret Place.... (Matthew 6:6)
- **Breaking down Psalm 91:1**

**He who dwells** (lives in /remains)  
**in the Secret Place** (shelter/hiding place)  
**of the Most High** (God)  
**shall abide** (remain/stay)  
**under the shadow** (protection)  
**of the Almighty** (God)
- **How to enter in?**
  - Quiet yourself and take time! (No to phone, tasks, work, etc.)!
  - Make it FUN and familiar! (Coffee, special chair, journal, fun pens, etc.)!
  - “I love you” analogy! (Honestly, you can enter in anytime and anywhere)!
- **What to do when you are there?**
  - What do you want to do there?
    - It’s where you are real with God
    - It’s being vulnerable with Him
    - It’s asking Him questions
    - Its hearing answers
    - It’s praising God
    - It’s venting to God
    - It’s yelling
    - It’s crying
    - It’s laughing
    - It’s learning
    - It’s resting
    - It’s hearing God’s voice
    - It’s where you get fed
    - Its’ where you get showered
    - It’s where you get clothed
    - It’s where you get encouragement

- Do things that excite you!
- It's limitless!
- My top 50 😊
- Remember, it does not just have to be on the couch with your Bible and journal; you can do the Secret Place on a nature walk, dancing, painting, etc.!
- **Why can it be hard to enter in or stay in the Secret Place?**
  - Time, work, don't know God's voice, bored, etc.
  - Maybe create a plan (Starbucks, set an alarm for a reminder, start with 5 minutes, read certain book of the Bible, pick some numbers from the Top 50 list)
    - Remember, NO SHAME or GUILT! No comparing.
    - NO legalism! Don't beat yourself up if you don't get in it right away, if its hard, or is not what you thought.
- **101 God's Voice**
  - God is gentle, sweet, and kind. He is ever so loving, AND WILL SPEAK WITH THOSE CHARACTERISTICS! Study God's character if you need to.
  - Its important to know God's love for you. Study verses on God's love, because he speaks with LOVE.
  - Tell God its hard for you to hear (if that's the case). Ask him all the questions you want. Then wait.... then ask more questions. DIALOGUE WITH HIM. (Is this your voice or mine? How do I know its mine? Etc.)
  - Don't put God in a box! He can speak through the Bible, nature, visions (pictures), other people, dreams, symbolism, etc.
  - Ask friends who know God's voice to help you😊
- **Remember**
  - NO TIME is ever wasted
  - Feelings lie
  - Its ok to wrestle
  - Don't be hard on yourself, DON'T!
  - Its ok you go off on bunny trails
  - ALL of what you do will profit you, even if you don't remember what you read!
  - Bill Johnson Nuggets (food and sleep)
  - Milk and Bread
  - You can get nuggets too!

## *Benefits of the Secret Place*

These benefits are taken from Psalm 91.

If you dwell/remain with the Lord – the following is what you get!

- 1) Abide under the shadow of the almighty
- 2) Deliver you from the snare of the fowler
- 3) Deliver you from the perilous pestilence
- 4) Cover you with His feathers
- 5) You will have refuge
- 6) God will be your shield and buckler (protection)
- 7) You will not be afraid of terror (AT NIGHT)
- 8) You will not be afraid of the arrow (AT DAY)
- 9) You will not be afraid of the pestilence that walks (AT DARKNESS)
- 10) You will not be afraid of destruction (AT NOONDAY)
- 11) Only with your eyes will you see the wickedness /“chaos” around you
- 12) No evil will befall you
- 13) No plague will come near your dwelling
- 14) God will give angels charge over you
- 15) You will tread upon the lion and cobra (You have authority)!
- 16) The young lion and serpent you will trample underfoot (You have authority)!
- 17) You will be delivered
- 18) You will be set on high
- 19) God will answer you
- 20) God will be with you in trouble
- 21) You will be honored
- 22) Long life you will have
- 23) You will see all your salvation

# *My Top 50 Secret Place Ideas*

1. Just Be Real...
2. Scripture Breakdown on a Personal Note (2 Cor. 10:5/Isaiah 58)
3. Letter From God/Immanuel Journaling
4. Drawing with Scriptures or Concepts (Example: Four Soils/Ezekiel 47/Hand)
5. Asking the Lord...(Jesus, why is "this" hard? Jesus, what do you say? Jesus, what are you trying to tell me? Jesus, why am I here)?
6. Processing with the Lord with your To Do List, Questions You Have, and Stress! (List with space and/ or cloud)
7. Venting/Blessing/Forgiving/Thanking
8. Thanksgiving Page (List out all you are thankful for)
9. Heart Page
10. Praise Page (List out His attributes)
11. Bible/Journal Partnership (Double Dual)!
12. Prophetic Word Journal /"Special God" Journal (This is a separate journal)
13. Soaking in Identities
14. Soaking in Promises of God
15. Armor of God and Arrows and Truth
16. Scriptures and Translations
17. Topical Scriptures on What You're Facing
18. Scripts and Lists (1 Cor. 13:4-8/Psalm 103/Ezekiel 37)
19. Just Have Fun!
20. Rest in Him! (Music/Soaking, Breathe Him in and breathe Him out)...
21. Dreams (Think Big)

22. Prayer Groupies
23. Numbers and God (What is he saying)!?
24. Music with Jesus and Journaling Lyrics (Worship and even secular)!
25. Pray/Declare/Decree the WORD over YOU!
26. Notecards (Various Ways of Using Them)
27. Handing and Receiving
28. Holy Spirit, Father God, Jesus Pages (With each Godhead, is there a lie? What is the truth)?
29. Journal alongside the "Elijah List" or "His Kingdom Prophecy"
30. Secret Place and Your Phone! (Prophetic Pics, Pinterest, Notes, etc.)
31. Sometimes Just Sit, Walk, Lay with God
32. If "Free" Journaling is Tough
33. Lion of the Tribe of Judah
34. Courtroom of Heaven
35. The "Spirits" (God and You – What's Easy/Hard)
36. Don't Know Where to Start?! (Psalms/Proverbs/A Gospel)
37. Personalize Scripture
38. Soaking with Pictures/Music
39. Prophetic Binder
40. Communion
41. Secret Place Vlogs/Blogs
42. Re-Wire the Brain (SNOW PATH – Caroline Leaf)
43. Outside the Box Videos (Grafted In...)
44. Google What You're Studying (Ezekiel 47)

45. Inner Child Therapy with Jesus
46. Dictionary/Interlinear Concordance (BLB APP)/Google/Got Questions/Commentary
47. Childhood Pics
48. Invite Him Along (The voice, shopping, the pool, etc.)!
49. Create “A Going Gets Tough Plan”
50. Have Jesus Speak Through Collaging



# Value of the Secret Place

Article Taken From: [GotQuestions.Org](http://GotQuestions.Org)  
[www.gotquestions.org/secret-place.html](http://www.gotquestions.org/secret-place.html)  
November 2, 2017

**Question: "What does the Bible say about the value of a secret place?"**

**Answer:** Depending upon the Bible translation used, the term "secret place" can appear dozens of times in both Old and New Testaments. Some translations use the words *shelter*, *covering*, or *dwelling* rather than "secret place." In the Old Testament, the term "secret place" comes from the Hebrew root word *cether*, which means "to hide or be concealed." This word is used in [Psalm 139:15](#), "My frame was not hidden from you when I was made in the *secret place*." Here it speaks of the hidden world of a mother's womb as a child develops. But this word is also used in [Psalm 32:7](#): "You are my *hiding place*; you will protect me from trouble and surround me with songs of deliverance."

Although a secret place can refer to a physical location, it most often connotes a state of a soul in its relationship with God. [Psalm 27:5](#) says, "For in the day of trouble He will conceal me in His tabernacle; / In the secret place of His tent He will hide me; / He will lift me up on a rock" (NAS). The psalmist is not referring to an actual tabernacle or tent in which he will hide from physical enemies. He is speaking of the state of peace God gives in the midst of trials and attacks.

The idea of a secret place originates with God. Because He is Spirit and His glory is beyond our ability to perceive, we must meet with Him in the secret places of the heart in order to commune with Him. When Moses wanted to see the glory of God, the LORD explained that no man could see God and live ([Exodus 33:20](#)). So God allowed Moses to see His glory only from a secret place. In [Exodus 33:22](#) God said, "When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by." Here God gives us a glimpse into what we must do to experience the presence of God. It can only be enjoyed when we enter His secret place.

[Psalm 91:1](#) give us the best illustration of the value of a secret place: "He that dwells in the secret place of the most High shall abide under the shadow of the Almighty" (KJV). Think of the secret hiding places we enjoyed as children. Imagine being ten years old and finding a secret hiding place under the stairs or in the honeysuckle bushes. You slipped inside, and it felt magical! You felt safe and protected from the world. You imagined that you could live there all the time and no one could find you. Often, you invited your best friend to share it with you, because secret hiding places are better shared with someone you love and trust.

That is the picture the psalmist is painting in [Psalm 91](#). God has a secret hiding place, and He invites each of us to join Him there. Notice that He does not invite us to visit. The promise is to those who "dwell" there. To "dwell" means we live there. It becomes our address. God invites us to pack up and move to His secret place. To do so we must walk away from the clamor and enticements of the world. We must be willing to quiet our hearts before Him and allow Him to investigate those inner recesses we reveal to no one else. Secret places imply honesty and trust. We cannot join God in His secret place unless we are willing to be transparent and honest with Him.

Jesus said in [Matthew 6:6](#), "But when you pray, go into your room, close the door and pray to your Father, who is unseen." Jesus was not necessarily indicating a physical location, because we can pray

anywhere at any time. But to really connect with God, we must enter into the secret place in our own spirits and meet God there. Quiet locations help, and we should seek solitude when we want to spend uninterrupted time with God. It is also helpful to have a designated place we go to spend time with God. Jesus did this while on earth. Although He often prayed in public, He also slipped away from the crowds and even His closest friends to spend time alone with His Father in solitude ([Mark 1:35](#); [Luke 4:42](#)). But the secret place that [Psalm 91](#) describes is not a physical location. It is a state of spiritual rest that prevails, regardless of outward circumstances.

There is great benefit from dwelling in “the secret place of the Most High.” When we choose to leave behind the world’s delights in favor of a lifestyle of continual spiritual contemplation, God draws near in new ways ([James 4:8](#)). We begin to see our sin the way He does ([Isaiah 6:1–5](#)). Time spent in the presence of God reveals our true thoughts and selfish motivations that might otherwise escape unnoticed. From this secret place, the fruit of the Spirit takes root and grows ([Galatians 5:22](#)). We start to see our lives from an eternal perspective. Earthly frustrations lose significance.

We do not have to neglect our responsibilities or relationships to dwell in this secret place. The key to moving there is a total surrender to the Holy Spirit and the will of God for our lives. This decision dominates our actions and changes our outlook. As we obey, God meets us in His secret place (see [John 14:21](#)). He teaches us and encourages us to remain. Our continual choice to surrender fully to Him results in His continued strength to do so. If our lives are to bear lasting fruit, the power to bear that fruit comes from time spent with Him in the secret place ([John 15:4–5](#); [1 Corinthians 3:14–15](#); [Psalm 92:12–14](#)).

**Recommended Resource:** [The Finishing Touch](#) by Charles R. Swindoll

## *Next Steps*

### **1.) Do the Secret Place Ideas**

- Remember these are just ideas to get you in the “Secret Place.” Once you find what works for you, run with it!

### **2.) You can check out my You Tube Channel for specific videos on some of my “Top 50!”**

- Please email Ashley Dudek and she will send you the link at [\*\*dudekashley@gmail.com\*\*](mailto:dudekashley@gmail.com)