



Presenter

**Lynee Hamm**

LMT



Lynee Hamm is first and foremost, a daughter of God!

Next, she is a wife to one handsome, awesome husband, a mother to 2 incredible grown up kids, and an Oma to 2 beautiful blonde haired, blued eyed granddaughters.

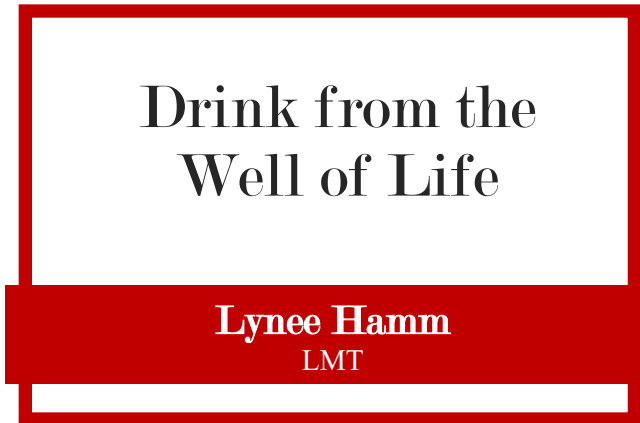
She is a Licensed Massage Therapist with a nursing degree and owns her own private massage practice. She also works Health and Wellness Instructor at a Syracuse, New York hospital.

In her spare time, she is one of the Directors of the Women in Ministry Department of the New York Conference, which is totally such a wonderful God thing!

Her intense love for her Abba has grown out of a long journey, filled with joy, heartache, doubt, wonder, and a very patient and loving God! Unfortunately, it has taken only 60 years plus to get to this love affair, but eternally grateful that Abba never gives up! She is blessed beyond measure to have the “Fab 5” in her life who, with God’s guidance, keeps her focused on what is important in life and that’s relationships. She is a work in progress!

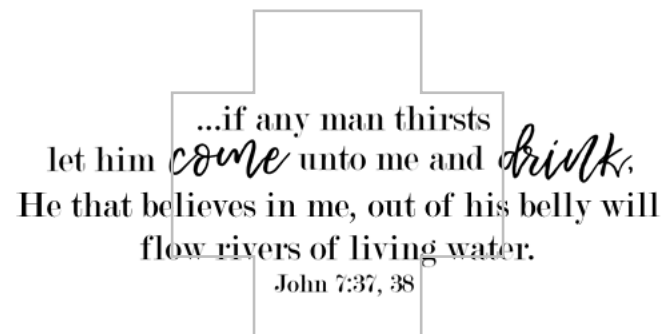
### *My hope for you...*

... is that in this new-found quest for caring for yourself you will grab hold of and hang on tight to the one Hand that will always be there to guide your footsteps, give strength for the moment, peace for tomorrow, restore your soul, grace when you stumble, mercies each morning, and will never let you go! Know that you were formed by God’s hands, dreamed up in His heart and placed in this world for a purpose! Choose well! Live well! *Lynee*



**Drink from the  
Well of Life**

**Lynee Hamm**  
LMT



...if any man thirsts  
let him *come* unto me and *drink*.  
He that believes in me, out of his belly will  
flow rivers of living water.  
John 7:37, 38

# Presentation Overview

# Notes

Lined area for taking notes, consisting of 20 horizontal lines.

## Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

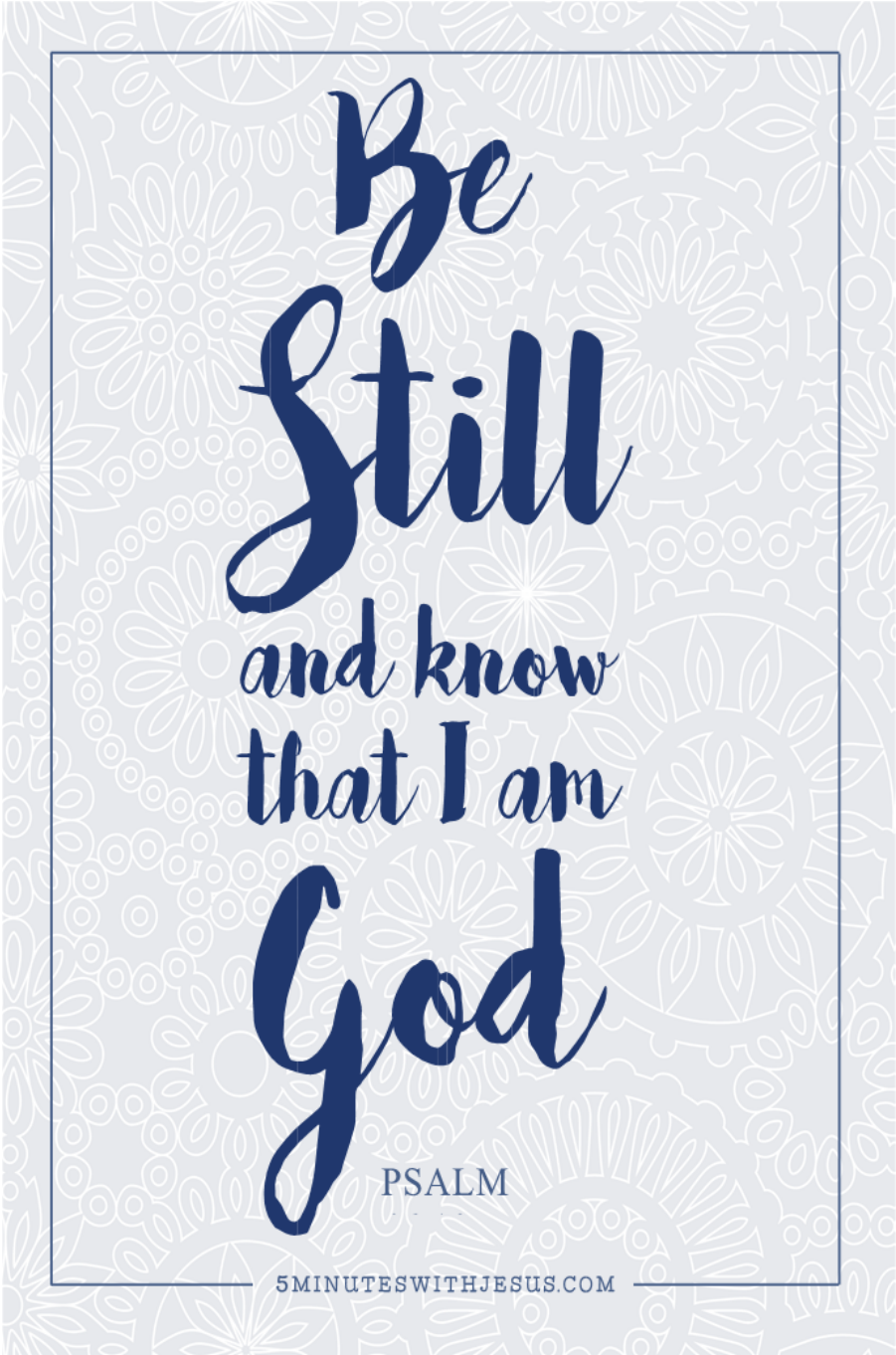
---

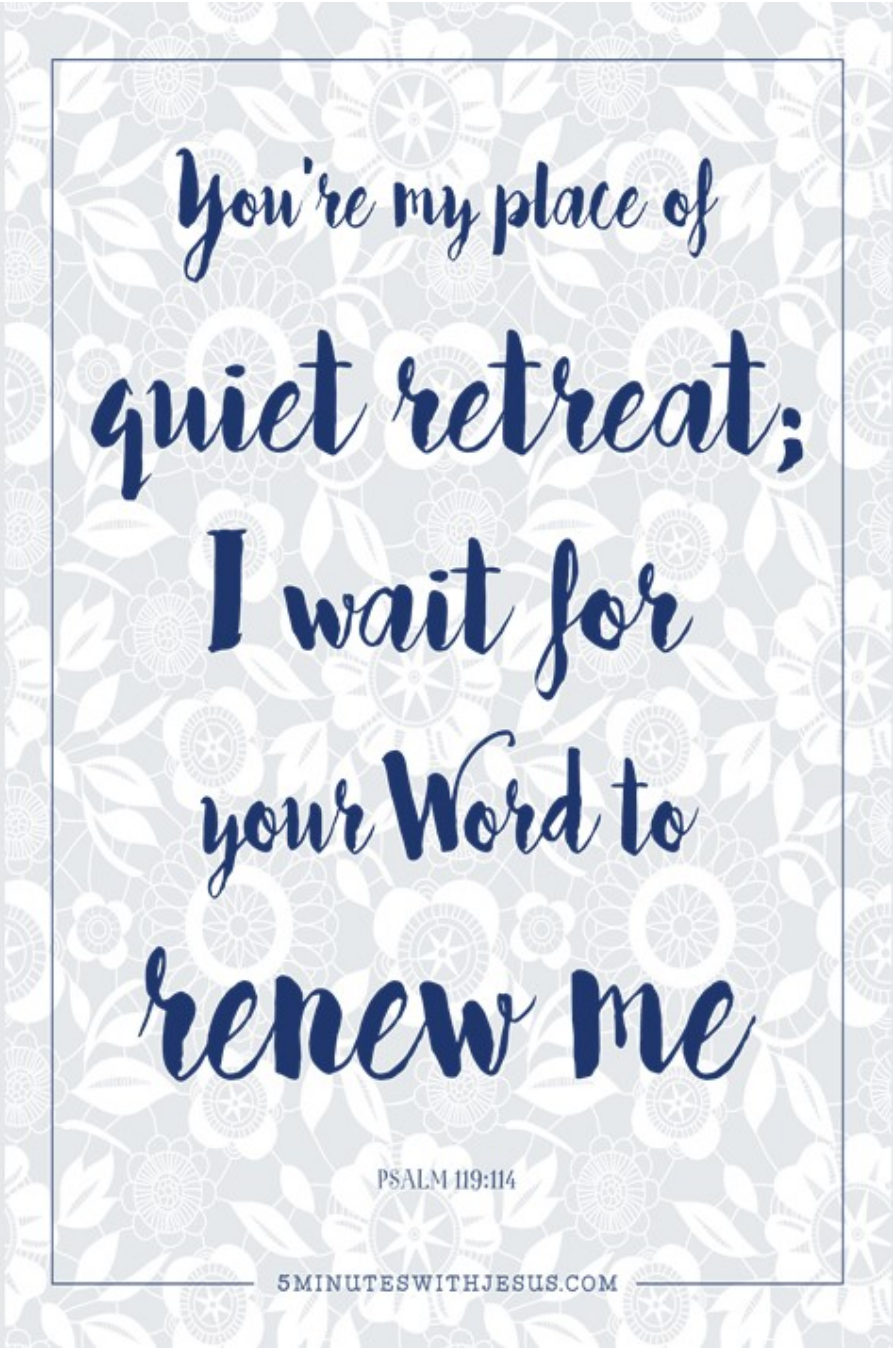
---

---

---

---





Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





## Look Up and Look Out / Get Up and Get Out: Finding God in His Creation

When you think of quiet time with God, what comes to mind? Do you imagine a desk somewhere with a Bible, a book, and a pen? Of course, there is value in that type of quiet time, but have you ever considered that God is also speaking through His creation? Jot down a couple of verses of Scripture—either take them with you on note cards or commit them to memory, and then put on your walking shoes and head out the door.

Contemplate God's Word as you walk in your neighborhood or a nearby park or on a walking trail. Walk silently with your heart open to the Creator of all you see. You might be surprised what God has to say to you as you step away from all of the demands of work and home to rest in the beauty of His creation.

But . . . what about the days when silence is hard to find, and no matter how much you try to tie up those walking shoes to run away from the beeping and buzzing of your cell phone to meet with God, you just can't seem to do it? On those days, you need some strategies to bring moments of quiet into the chaos. Let me share a few with you.

### Begin and End Your Day with God

Don't panic; I am not going to ask you to wake up an hour early to stagger bleary-eyed into the kitchen to study the book of Revelation while drinking decaf. Instead, I want to suggest a simple turning of your heart to God in the morning when you open your eyes, and then again at night when you turn out the light. You might begin your morning by thanking God for a safe night's sleep or asking Him for grace and strength for the new day.

## Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Quiet Time Strategies Prayer

I have had enough. Enough of the chaos. Enough of the noise. Day after day is filled with endless activity from sunrise to sunset, but it does nothing to satisfy my hungry soul. My heart is weary and my soul is thirsty for you.

Oh my God, let me hear your still small voice. Oh, my Savior, quiet me with your love. Meet me here as I answer your call to find my rest in You. Amen

Then, when you close your eyes to go to sleep, consider following the early church tradition of asking God to watch over you and those you love while you sleep. Beginning and ending your day with God is a beautiful way to place moments of connection to your loving Father in the middle of your busy life.

### **Make the Ordinary Moments Sacred**

Have you ever stopped to think about how much of life is filled with the mundane, those repetitive, mindless tasks that are essential to day-to-day existence? Why not turn those everyday activities into opportunities to meet with God? Sing praises or pray in the shower. Pray for friends and family while commuting to work or going about household chores. Turn ordinary moments into sacred spaces to meet with the One Who loves you most.

### **Discover the Power of Scotch Tape**

In Deuteronomy 6:9 God told Israel this about His commands: “Write them on the doorframes of your houses and on your gates.” Even today Jewish families all over the world obey this command by placing a small mezuzah, or scroll holder, on the wall next to each door. Isn’t that beautiful?

It is also a wonderful idea to write out God’s Word and place it somewhere you can’t miss—perhaps on the bathroom mirror, on the dash of your car, or on your desk at work. Placing God’s Word at eye level is a great way to renew our strength in God’s grace throughout the day. Never underestimate the power of Scotch Tape! God loves us, and He wants to walk through life with us. Our quiet time with Him isn’t about guilt or checking off an item on our to-do list. *It is about laying down our worries and responsibilities to simply . . . rest in the goodness of our Father’s favor.* In the quiet with God, we are free to simply be.

And that is good news . . . but it won’t announce itself with a beep or a buzz. It is waiting in the silence.

# Wisdom

IT IS  
GREAT  
WISDOM  
TO KNOW  
HOW  
TO BE

**SILENT**

SET A TIMER FOR 5 MINUTES

BE SILENT  
AND STILL.

WHEN THE TIMER RINGS,  
THANK GOD FOR THIS TIME.

REPEAT OFTEN.