

10 SECRETS TO SPENDING TIME IN THE SECRET PLACE



In a world of constant noise and hurried schedules, the *secret place* is God's invitation to step away and draw near. It's not just a physical location but a sacred space in your heart where intimacy with the Father grows. Jesus often withdrew to quiet, hidden places to commune with God – and He calls us to do the same.

These 10 insights uncover practical and powerful truths about what happens when we consistently seek God in secret. Here, you'll find encouragement to develop a daily rhythm of prayer, stillness, honesty and Scripture that will deepen your spiritual walk and equip you for life's challenges.

1. God desires intimacy more than performance

Prayer isn't about impressive words; it's about heart-to-heart communion with your Father. You do not have to be shy or hold back in your conversations with the Lord – you can pour out your heart with great confidence.

"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:6).

Practical Application: Instead of trying to sound spiritual or rehearsed, approach God honestly. Start your day with a few quiet minutes talking to Him like a close friend, even if it's just whispering your thoughts.

2. Hidden prayer shapes public power

What happens in secret with God influences what happens in public. Jesus often withdrew to pray alone before major miracles. There is always an invitation to spend time in hidden prayer so we may gain strength for public ministry and life.

So He Himself often withdrew into the wilderness and prayed. (Luke 5:16).

Practical Application: Make it a habit to retreat from distractions daily, even for 10-15 minutes. Use this time to seek God's strength before big decisions, meetings, or responsibilities.

3. The secret place is where identity is formed

When you pray in private, God reminds you of who you are in Christ – loved, chosen, secure – not based on your performance. This is a place where you do not have to 'perform' or be something or someone you are not. In your times with Him, He forms you into the image of Jesus – step by step, hour by hour.

For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.' The Spirit Himself bears witness with our spirit that we are children of God. (Romans 8:15-16).

Practical Application: During prayer, speak aloud or write down truths about who you are in Christ. Let God's voice silence the voices of fear, insecurity, or shame that may plague you.

4. Consistency matters more than intensity

Daily, even simple time in prayer builds a depth with God that occasional intense prayer cannot replace. It is faithfulness in the small things that brings a victory that lasts for a lifetime. Someone once said, *"Victory is long obedience in the same direction."* Be faithful in every moment of every day.

My voice You shall hear in the morning, O Lord; in the morning I will direct it to You, and I will look up. (Psalm 5:3).

Practical Application: Set a consistent time and place for prayer. Whether it's during your commute, before bed, or with morning coffee – show up daily. It's the rhythm that builds relationship.

5. Silence is sometimes the best prayer

In the secret place, it is perfectly fine to just sit quietly before the Lord. Listening to God is just as important as speaking.

Walk prudently when you go to the house of God... For God is in heaven, and you on earth; therefore let your words be few. (Ecclesiastes 5:1-2).

Practical Application: Turn off your devices, sit in stillness and invite the Holy Spirit to speak. Journal any impressions, Scriptures, or peace that comes during the silence.

6. God rewards what is done in secret

Jesus promised that what you do privately – fasting, giving and praying – will be rewarded by the Father. We do not do these things to get rewards; yet He is so faithful that He always rewards a faithful heart.

"That your charitable deed may be in secret... your Father who sees in secret will Himself reward

you openly." (Matthew 6:4, 6, 18).

Practical Application: Do one act of kindness, fasting, or intercession this week that no one else knows about. Trust God to see and reward it in His time and in the way of His choosing.

7. Honesty unlocks deeper fellowship

God already knows your heart. Being raw, honest and real (even with struggles or doubts) opens you to receive His healing and wisdom. He knows you through and through, therefore it makes no sense to try and hide your true self. You are safe with Him!

Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah. (Psalm 62:8).

Practical Application: Don't filter your feelings when you pray. Confess confusion, hurt, or frustration and invite God into those places with full transparency. Ask the Holy Spirit to heal and restore your heart.

8. The Word and prayer are meant to mix

Praying Scripture in your secret place fuels your prayers and aligns them with God's heart. How do you do that? Take a simple Scripture verse, read it, think about it, write it out and pray it. Repeat it often – not as a vain repetition, but mindful of the truths hidden in the verse, allowing it to touch your heart and mould you into the image of the Lord.

"If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." (John 15:7).

Practical Application: Choose one verse each day to pray over your life. Personalise it by inserting your name or need directly into the promise.

9. Deserts produce deeper dependence

Dry seasons in prayer aren't failure – they're invitations to seek God more earnestly and experience Him in new ways. It is hard to sometimes 'feel' God's presence. However, that does not mean He is not 'there'. Desert seasons are there to help us walk by faith, regardless of what we 'see' or 'feel'.

And you shall remember that the Lord your God led you all the way... to humble you and test you... that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord. (Deuteronomy 8:2-3).

Practical Application: When prayer feels dry, don't give up. Ask God what He wants to show you in the silence. Use that time to read Psalms or journal your hunger for Him.

10. The secret place prepares you for spiritual battle

Private victory in prayer equips you to stand firm against public trials and spiritual attacks. When you feel safe in your relationship with the Lord, when you are grounded in Him, public acceptance does not count all that much! Our dependency on Him in the secret place strengthens us to walk in the 'fear of God' more than the 'fear of man'!

Finally, my brethren, be strong in the Lord and in the power of His might... praying always with all prayer and supplication in the Spirit. (Ephesians 6:10-11, 18).

Practical Application: Before your day begins, put on the armour of God in prayer. Declare truth, righteousness, faith and peace over yourself and your loved ones.

A final thought

The secret place is not about perfection – it's about presence. God isn't waiting for you to perform; He's waiting for you to come. Whether in silence, Scripture, honesty, or simple consistency, every moment you spend with Him in secret carries eternal weight. It's there that your identity is shaped, your prayers are strengthened and your heart is aligned with His.

The more time you spend in that hidden place, the more you'll discover that it is the most important place of all. So perhaps now, ask yourself: what is one small change you can make this week to create space for deeper, more consistent time alone with God?