



## Keep a Quiet Heart

*Elisabeth Elliot*

Download now

Read Online →

# Keep a Quiet Heart

*Elisabeth Elliot*

## **Keep a Quiet Heart** Elisabeth Elliot

Peace and quiet--to many of us they're just words. Somehow we have allowed the frenetic pace of life to rob us of the quiet, restful moments with God we so desperately need. *Keep a Quiet Heart* features the rich devotional musings of one of America's favorite authors and points the way to a deep experience with God, away from the unsettling distractions of day-to-day living.

## **Keep a Quiet Heart Details**

Date : Published September 1st 2004 by Fleming H. Revell Company (first published 1995)

ISBN : 9780800759902

Author : Elisabeth Elliot

Format : Paperback 269 pages

Genre : Christian, Christian Living, Nonfiction, Religion, Faith, Christianity, Spirituality

 [Download Keep a Quiet Heart ...pdf](#)

 [Read Online Keep a Quiet Heart ...pdf](#)

**Download and Read Free Online Keep a Quiet Heart Elisabeth Elliot**

---

## From Reader Review Keep a Quiet Heart for online ebook

### Tarissa says

In *Keep a Quiet Heart*, Elisabeth Elliot shares articles from her newsletters. It's a collection that encourages you to know God better. You can find Him best when your heart is quieted, and that is what we as Christians should strive for.

***"A quiet heart is content with what God gives. It is enough."***

*"A Quiet Heart", Keep a Quiet Heart*

There are countless lessons to be heard in this volume, if you're looking for them. As Elliot prescribes, stillness of mind, quietness of heart, can lead you to God. How accurately she wrote about this subject for modern times... and this was decades ago when she penned it! It's true, busyness takes up so much of our lives – whether you're involved with extra church, school, and work opportunities, or just taking care of your family – we're often so busy that our hearts are screaming out with worry, despair, and unsatisfactory feelings about our lives. Enter the idea of stilling the loud “noises” in life that interrupt the contentedness of your soul. Because, even unknowingly, it's those “noises” that are breaking up your communication with the Almighty.

***"Restlessness and impatience change nothing except our peace and joy."***

*"Waiting", Keep a Quiet Heart*

A wide range of subjects are covered in *Keep a Quiet Heart*. I think a lot of them are geared towards women, but anyone can listen and hear the truth behind Elliot's words. Sometimes she shares a special story from her own life and ministry, sometimes about a trial that a friend went through, or we even hear from her own readers. At other times she'll share a devotional on a variety of topics, which could be anything from prayer, peace, culture, marriage, parenting (even about homeschooling!), and more. *Always it's an encouragement and inspiration.*

Perhaps the chapters that pertained to subtopics under marriage and parenting didn't always apply to my own life right now, but for the most part, I still enjoyed even those areas in the book. Because some of these topics (and others) are covered though, *I would best recommend the book for adults.*

**The message that blessed me the most** is one that negatively affects the heart's quietness: *giving yourself too many tasks and too little time.* One of Elliot's stories in particular was about a time in her life where she was stressed about hitting certain deadlines, and the dread of knowing she wasn't finishing in time. Yet, she's the one who made these deadlines, and became stressed when other elements in life appeared out of the blue, knocking her off a predetermined schedule. Well, this happens to us all, and certainly to myself. Do you know why it happens to me? It's my fault. I tell myself way too often that I need to accomplish *this, this, and that* by week's end, and (guess what!) many times I'm unable to finish every bit of it. This, of course, irks me, right where it hurts, in my unsettled, unquieted heart. Elliot's example showed me, that quality of work is often better (and safer on your heart) when you get things done as needed, and trim out unneeded deadline worry. Already, my days seem a little easier, when I don't have to be quite so focused on the timeliness of my actions.

***"Let's never forget that some of His greatest mercies are His refusals. He says no so that He may, in some way we cannot imagine, say yes."***

*"Lost and Found", Keep a Quiet Heart*

**Overall?** It's a good book. You should read it. I guarantee it will help you find balance in a crazy busy life.

---

### **Ashley says**

This is one of those books I go back to several times a year for wisdom. It has been a life changing book for me. A quiet heart is something I still long for and pray for.

If you also long for one you need to read this book.

---

### **Sarah says**

I read this in conjunction with my morning quiet times, and I can't even express how blessed I was by it. Every morning I came away with a better understanding of my role in this world and, most importantly, God. I was refreshed, my heart was quieted, and my love for the Father grew. I highly recommend this for any woman at any stage of life, but particularly for married women and young mothers.

---

### **Leslie says**

I feel honored to have spent a month or two with Elisabeth Elliot. This book was timely because we faced a severe grief this summer that made space for the mysterious, quiet heart of which she speaks (or better yet, the need of it).

*Keep a Quiet Heart* is a collection of her articles featured in her newsletter, which is printed six times a year. Reading this book is like coming to her kitchen each morning for a cup of coffee and a lesson in faith. Its central message is to know and love the Lord in all arenas of life. While admonishing believers onto faith, Elisabeth introduces other Christian saints like Dr. May Powell in her humble upstairs room in England, her own faithful grandparents and beloved mother who raised six children to love and fear the Lord, the great George MacDonald, Amy Charmichael, and others who have inspired godliness and faith. Elliot's words are full compassion and wisdom, which makes this book perfect as a daily devotional. Read one or two chapters a day and glean numerous faith-building truths and even practical applications for life, love, parenting, work, etc. It's wonderful, and I will come back to it again: in yet another season of faith, of life.

A favorite quote:

"It is through the tender austerity of our troubles that the Son of Man comes knocking. In every event He seeks an entrance to my heart, yes, even in my most helpless, futile, fruitless moments. The very cracks and empty crannies of my life, my perplexities and hurts and botched-up jobs, He wants to fill with Himself, His joy, His life...He urges me to learn of Him: 'I am gentle and humble in heart.'" (pg. 99)

---

### **Amanda Tero says**

This was a collection of random articles by Elisabeth Elliot, organized into different subjects.

This was my first time to read Elliot after years of hearing high praise of her. I didn't absolutely love every article of hers, though. Maybe it's because her personality is more intense than mine? I would read a few sections then hit one that just didn't... sit well with me. Some of it were more her opinions than actual Scripture, yet she stated it in just as certainty as she stated biblical truths.

At the same time, some of the articles were exactly what I needed at the time that I read them. So I guess because it was an assortment of articles rather than just a one-topic book, there were portions I really liked and portions I just didn't.

A couple quotes:

"Jesus knew when to take action and when to leave things up to His Father." (Pg 18)

"Life is likely to continue to hold many forms of torture and dismay for that unhappy person and for all who refuse to receive with thanksgiving instead of complaint the place in life God has chosen for them." (Pg 50)

---

## **Trace says**

4.5 star rating.

I am so thankful for Elisabeth Elliot's refreshingly honest and often pithy viewpoints. She is among a dying breed of Christian women. When you read her work, you can tell that this is a woman who has put in years of time spent on her knees worshipping God and that she's known pain and difficulty.

Her essays and thoughts have MUCH depth to them. I find it difficult to read many of the popular blogs of Christian women because they lack this sort of intellectual depth and experience.

This book was a compilation of essays from her long running newsletter - which I'm sorry I didn't know about till now...she no longer writes these newsletters but they can all be found online on her website - so I look forward to sampling those as well.

I would have given this a 5 star rating, but out of stubbornness, I cannot. Elisabeth is vocal about her viewpoints on spanking and disciplining children which is the one thing about her writing that irks me.

---

## **Sarah says**

This was so, so good, I never wanted it to end. It encouraged me, challenged me, and helped deepen my understanding of God.

---

## **Jeanie says**

There is scripture on keeping a quiet heart. "But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price" I Peter 3:4. Elisabeth Elliott takes many topics from faith, Why God, Suffering, work, prayer, marriage, abortion, children, and with a story and scripture, how our hearts can be quiet and surrender to God's sovereignty in our lives. I loved her candor, the simplicity and the need for the quiet heart in our walk with the Lord. My

favorite was "rest comes by His sorrow, life by his death. His purpose in dying for all was that men, while still in life should cease to live for themselves and should live for him who for their sakes died and was raised to life...Any message that makes the cross redundant is anti-christian... How can we survey the wondrous cross and at the same time feed our pride?. It is a daily struggle but it is the only way for true rest.

---

### **Becky Pliego says**

We all need to be exposed to the influence of godly women like Elisabeth Elliot in our lives.

(2017) I am so grateful for the many books E.Elliot left for us to read. She has been -without a doubt- a great influence in my life.

---

### **Grace says**

Elisabeth Elliot is a master at understanding Human Nature. Her insights in this book (which is a collection of short devotionals written over a period of several years) are amazing. She can tell just what you're thinking, and sometimes the application the day's reading has to the day's events are uncanny. It's like she's speaking just to you, for just this day, and just this problem.

I read this book at kind of a difficult growing time (story of my life), and it really made an impression on me. Highly recommended; even if you don't feel you need it, read it anyhow; you'll get something out of it.

---

### **Ron Lohrbach says**

How I located:

This piece about an ant's fortuitously retrieving a mountain climber's lost contact lens is a charming enough parable about the concept that the Lord may sometimes call upon us to bear burdens for reasons we do not understand (but which ultimately prove beneficial to ourselves or to others), although its circulation on the internet has resulted in a widespread misattribution.

Josh and Karen Zarandona are not the authors of this item: they're merely two people whose names became attached to it when they forwarded it on to others. Its original source is the 1995 book 'Keep a Quiet Heart', by Elisabeth Elliot. where it appeared in a chapter entitled "Lost and Found." Ms. Elliot attributes the story to a first person account sent to her by Brenda Foltz of Princeton, Minnesota, who maintained she wrote it based upon an event that occurred during her first rock-climbing experience.

via: [www.Snop.es.com](http://www.Snop.es.com)

Last updated: 22 August 2005

---

### **Melanie says**

I first got this book from a friend in 1995 so the inscription in front reads. I pull it out every few years to read it. You can either read a story each morning for a devotional time, or read the stories through. Elisabeth Elliot is a dynamic writer, missionary, encourager. I strongly recommend this book that has stood the test of time if you want to feel connected to others in the body of Christ.

---

### **Joellen says**

I love this book so much and would recommend it to EVERY woman. I will be keeping it in my arsenal, next to my Bible.

---

### **Rebekah Jones says**

This book is a collection of articles by Elisabeth Elliot wrote over the years for her newsletter, and collected together and published in a book. The articles are a combination of encouragement and instruction for following the LORD and keeping a quiet heart in every circumstance; learning to give over every ounce of our own will and sense of self-preservation to the Almighty. She touches on bereavement, singleness, unfaithfulness in a spouse, and the struggle in the every day, among other things, and where our eyes should be focused.

Mrs. Elliot draws on her own experience, as well as that of others, to build up and encourage. She quotes extensively from the Bible, as well as hymns and other men and women of God.

Overall, I found this book a blessing; an encouragement, though sprinkled with areas that brought conviction. I would recommend this book.

---

### **Linda says**

An excellent book that I need to own (I'm reading a copy from the library). I've been using it in my morning devotionals and it has inspired me in so many ways!!!

An added note, even though too late for me, there is a lot of good advice for young mothers.

---