**TIME ALONE WITH GOD**

Ingredients:

* Half an hour, every day.
* Quiet, so you focus on yourself and on God;
* Prayer, worship, thanksgiving, as your response to God
* Word, so you can ponder His truth
* Life, people and events, so you are aware of Him in these situations

Method:

* Time – a fixed time when you are unlikely to be interrupted is best but more important is to actually start having such a time with God.
* Quiet – A simple method is to be quiet until you are aware you are in God’s presence before you start to respond to Him.
* Word – Read and be familiar with what is said. Meditate on the Word: “What does it say?” “What does it mean?” “How should I respond?” You may use the questions to help you or set them aside.
* Life – Use the time to also be aware of the things that are happening, inside you and around you. Bring these before God and speak to Him.

# Monday and Tuesday

[**PSALM 90:1-2**](https://www.biblegateway.com/passage/?search=Psalm%2090&version=NIV)

Remember this is your time alone with God. It is a time to tell God what is on your mind (thinking back over the past day), listen to him speak to you (reading and meditating on a bible passage), and finally, to respond to him (prayer). The questions are there to help you do this. Ignore them if they do not help. If your time is limited, I suggest that you don’t do everything in one go but spread them over the two days.

1. Take time to be quiet so you can focus on your time alone with God. Recall and briefly write down any significant things that happened or occupied you during the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 90:1-2](https://www.biblegateway.com/passage/?search=Psalm%2090&version=NIV). Write down what you think the passage is about and what it says to you. Feel free to use the questions in “Further Thoughts” to help you think over the text.
3. What is God saying to you? Write down a prayer in response.

**Further Thoughts**

1. Note that the Psalm is written by Moses, who spent much of his walk with God in the wilderness, leading the people of God. What do you think of his claim “Lord, you have been our dwelling place throughout all generations.” In acknowledging the fact that God has been their God throughout their ancestry, what do you think Moses is saying to God about his place in their lives?
2. What does “dwelling place” mean to you: home, shelter, comfort, rest, family, love, a place to be yourself? Which of these would you use to describe your own experience of God in your life?
3. *“Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.”* In contemplating the truth that God is everlasting, older than the mountains, and in fact caused the world into being, Moses acknowledges the fact that no one can tell God what to do. You are God! Do you think in penning these two sentences about God, these thoughts brought Moses comfort and hope, or disquiet and uncertainty?
4. As you contemplate with Moses that God indeed is God and yet because Jesus Christ is your Master and you belong to him, God has allowed you a claim on his heart, how may these truths shape your feelings about your life, your circumstances, the challenges, or even pain, that you are undergoing?

# Wednesday and Thursday

[**PSALM 90:3-12**](https://www.biblegateway.com/passage/?search=Psalm%2090&version=NIV)

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1. Take time to be quiet so you can focus on your time alone with God. Recall and briefly write down any significant things that happened or occupied you the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 90:3-12](https://www.biblegateway.com/passage/?search=Psalm%2090&version=NIV). Write down what you think the passage is about and what it says to you. Feel free to use the questions in “Further Thoughts” to help you think over the text.
3. What is God saying to you? Write down a prayer in response.

**Further Thoughts**

1. *“Yet you sweep people away in the sleep of death—they are like the new grass of the morning: In the morning it springs up new, but by evening it is dry and withered.”* In vv3-6, Moses contemplated the mortality and transience of man. God is everlasting, but man is like grass, fresh in the morning; dry and withered before the day ends. From the way Moses talks about it, is it a good thing, or a bad thing, or just something to accept because we have no control over it, or is he appealing to the everlasting God to therefore be gentle and kind?
2. *“We are consumed by your anger and terrified by your indignation. You have set our iniquities before you, our secret sins in the light of your presence. All our days pass away under your wrath; we finish our years with a moan. Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.”* As before, what do you think is Moses’ focus and emphasis: we are all helpless before God’s anger, we are sinful in God’s eyes and therefore our brief life is mostly trouble and sorrow, life is a quick flash of pain and we are gone?
3. *“If only we knew the power of your anger! Your wrath is as great as the fear that is your due. Teach us to number our days, that we may gain a heart of wisdom.”* What wisdom does Moses learn from his contemplation: We should not underestimate God’s wrath, we should realise how important not to provoke God to wrath and to stay on his good side, we should know that life is short and not to waste time testing God’s limits, God is the dominant determinant of our lives, not us, and we should learn to live wisely with God? Or something else?
4. From your own thoughts and answers, what can you do so that your brief life may be much more than “trouble and sorrow”, or do you think there is nothing you can do?

# Friday and Saturday

[**PSALM 90:13-17**](https://www.biblegateway.com/passage/?search=Psalm%2090&version=NIV)

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1. Take time to be quiet so you can focus on your time alone with God. Recall and briefly write down any significant things that happened or occupied you the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 90:13-17](https://www.biblegateway.com/passage/?search=Psalm%2090&version=NIV). Write down what you think the passage is about and what it says to you. Feel free to use the questions in “Further Thoughts” to help you think over the text.
3. What is God saying to you? Write down a prayer in response.

**Further Thoughts**

1. *“Relent, Lord! How long will it be? Have compassion on your servants.”* It would seem that whatever inspired this prayer of Moses, he thinks that his (and Israel’s) present troubles are because of God’s anger. Israel’s relationship with God is broken and Moses appeals to God to restore that relationship and have compassion on them. In the light of all that he said, what is he basing his appeal upon? If you have the time, go back over all he has written and read it in the sense that he is leading up to his appeal. Is it a problem that nowhere in this psalm did he express repentance and seek God’s forgiveness? Why do you think this is so?
2. *“Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.”* Here is Moses’ idea (or perhaps experience?) of what it means to be in good fellowship with God. Would this be enough for you today, or would you ask for more?
3. *“May your deeds be shown to your servants, your splendor to their children. May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.”* Moses ends his prayer with this blessing. What do you think he means by “establish the work of our hands”? Would this be a blessing you would seek for yourself, your family, your church?

# Sunday

**THE GOD OF MOSES**

*“Your wrath is as great as the fear that is your due.”*

From what I can remember of Moses and his experiences of God, love, compassion, mercy would be very unlikely words he would choose to describe his God. And out of his experience leading the Jews, he would surely remember the many times they were quick to speak ill of God and disobey him. And he would remember how he needed to step in and place himself between God and his people, to placate him and to turn his wrath away.

Moses did not experience the ultimate triumph of leading God’s people into the Promised Land. His experience instead was to shape a rebellious ragtag group into a people and a community ready to receive God’s Promise. Through Moses God gave the people the Law. Through Aaron God established the rituals necessary to approach him. In the time of Moses, God educated the people about himself, and he often did so with harsh punishment.

So it is understandable that for Moses God is transcendent, eternal and full of wrath, while man is mortal, sinful, and utterly deserving of God’s wrath.

Yet in this inhospitable, almost bleak, experience as he did his best to lead his people, Moses was never seeking to get away from God’s shadow. However bad the experience may be, God is home and there is nowhere else he would be.

In this prayer we hear of his longing to really know how to live with God, how to walk with God, believing that then life would be truly sweet.

You are eternal, you are all-consuming, you are fire. We are mortal, we are blind and foolish. Be gentle with us, and teach us. Yes, it is all our fault. But please have compassion. Help us to know how to walk with you so that we will taste of your unfailing love, that your power will establish all that we do, rather than destroy us in your wrath. May we enjoy your favour so that we will have many experiences of the work of your hand upon our lives, that we can tell stories of your splendour to our children, rather than stories that frighten them.

*“Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.”*

1. Review the answers/thoughts you wrote down in the past week. Read the short sharing above. Does it add anything to your own thoughts?
2. What is God saying to you? Write down a prayer in response.