**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 19:1-6**](https://www.biblegateway.com/passage/?search=Psalm%2019&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 19:1-6](https://www.biblegateway.com/passage/?search=Psalm%2019&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. *“The heavens declare the glory of God; the skies proclaim the work of his hands.”* This psalm is a meditation and David focused his thoughts on the glory of the cosmos. To him they are the evidence of the glory of the One who created them. Modern man however looks at the cosmos and thinks of how he can control and exploit them. What about you? What comes to mind as you look at the sky, the moon and stars, the forests, the mountains and valleys, the wide expanse of land and sea, and the full kaleidoscope of life inhabiting them all? What do they tell you about God? How does this make you feel, not just about the cosmos that you are an inhabitant of, but also about the little area where you live and work?
2. *“Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world.”* To David, as he meditates on Creation, so much is said as each part of Creation bears its own unique testament to its Creator, without words, without sound. In what way do they bring glory to their Creator? How about you; how do you bring glory to your Creator? Is it with words and sound?
3. *“In the heavens God has pitched a tent for the sun. It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course. It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth.”* To David, the sun is the star of it all, the bridegroom, the champion (or warrior), never failing to conquer the darkness, bringing its warmth to everything and everyone. Science tells us that the energy that all life uses to function comes from the sun. The bible often likens darkness with sin and death. What does this tell you about God as you understand how he designed the life-support systems that have lasted for, science tells us, billions of years. The sun can also be a metaphor for God as the source and sustainer of all life. Do you think this is true, or can creation carry on independent of God? Do you think you can carry on independent of God?
4. What does your little meditation on the cosmos tell you about God?

# Wednesday and Thursday

[**PSALM 19:7-11**](https://www.biblegateway.com/passage/?search=Psalm%2019&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 19:7-11](https://www.biblegateway.com/passage/?search=Psalm%2019&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**

| A description of God’s Revelation through Scripture | A quality of Scripture | A benefit of Scripture |
| --- | --- | --- |
| The law of the Lord | perfect | refreshing the soul |
| The statutes of the Lord  | trustworthy | making wise the simple |
|  |  |  |
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1. Take some time to fill up the table above with the information from vv7-9. If you can, look up the dictionary for some of the descriptions, like statutes, precepts. How does David regard God’s word? Do you think there is any correlation between the quality and the benefit, eg, perfect – refreshing the soul, trustworthy – making wise the simple? Why does David describe Scripture as “the fear of the Lord” in v9a?
2. Looking at how David regards the word of God, and Jesus’ reply to Satan’s temptation to turn stones into bread, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God’”, what sustains you, and nourishes your soul?
3. *“They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. By them your servant is warned; in keeping them there is great reward.”* “Precious” refers to value while “sweeter” refers to experience or impact. David, the King of Israel, thinks of God’s word as precious and sweet because they warn and they reward. Do you agree with him for both (warn and reward) or do you look to Scripture for only one benefit (warn or reward)? Why?
4. Is there any reason that is keeping you from enjoying and benefitting from the reading, meditation and study of Scripture? What will you do?

# Friday and Saturday

[**PSALM 19:12-14**](https://www.biblegateway.com/passage/?search=Psalm%2019&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 19:12-14](https://www.biblegateway.com/passage/?search=Psalm%2019&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. *“But who can discern their own errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me.”* What are the 3 issues that David raises here that necessitate spending time on the Scriptures that warn him? Do you agree with his concerns?
2. *“Then I will be blameless, innocent of great transgression.”* To David, it is very important to be blameless, to be innocent of any wrongdoing before God. Would you say that this is also important to you, that will motivate you to spend time on the Scriptures, or do you think that it does not matter since the blood of Jesus saves you already? As you read Scripture, do you look for ideas as to how you can be “pleasing to God” or do you read Scripture to see how God can be “pleasing to you”?
3. *“May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”* David prays that his words and his thoughts will be pleasing in the sight of God. Do you think words and thoughts are enough to please God?
4. *“ … my Rock and my Redeemer.”* These two words, rock and redeemer, describe who God is to David. Can you elaborate on what each means? Why do you think that at the end of this meditation on God’s revelation in Creation and Scripture David specifically refers to God as his Rock and also his Redeemer?

# Sunday

**THIS MEDITATION OF MY HEART**

*“They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.”*

It is tempting to look at this psalm and consider how David is able to capture the “general revelation of God” and the “special revelation of God”, as theologians would describe the things we can learn about God from creation and life, and the more specific things we can learn about God from Scripture, that we can never learn from creation. Both revelations are important: General revelation anchors God in reality and emphasises his absolute power and authority, while special revelation reveals his character, his holiness, his wrath, his love, his compassion and mercy, embodied in Jesus Christ.

However, in doing so, we would have missed David’s deep regard for the revelation of God, both general and special. This is a meditation, not a theological discourse, and David lets what he learns of God wash over his soul and responds to it. He makes no distinction between what he learns from Creation and what he learns from Scripture and he moves easily from one to the other, allowing his soul to feast on the truth of God.

We can feel his awe as he listens to the outpouring of praise and glory that emanates from his surroundings. Although the heavens are vast and out of David’s reach, God is even greater, controlling the sun, which is consistently giving warmth and sustaining all life under the sun. The sun is like a bridegroom, shining on his bride, the earth, and a warrior, conquering the darkness and giving life and light to all below.

But David’s God is not far off in heaven, nor is he so glorious as to be unapproachable. The word of God is personal to David: refreshing his soul, enlightening his mind with its wisdom, bringing joy to his heart. God’s word is a source of light and purity helping to build a solid foundation of righteousness as he walks in obedience.

David’s God is like the sun, far greater than he could ever imagine, dependable and generous, but as the sun’s rays fall on him, there is warmth, there is light, and life springs from the soil. “Lord, my Rock and my Redeemer” goes out from his heart, deep calling to Deep.

*“May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”*

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.