**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 20**](https://www.biblegateway.com/passage/?search=Psalm%2020&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 the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 20](https://www.biblegateway.com/passage/?search=Psalm%2020&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. *“Lord, give victory to the king! Answer us when we call!”* Verse 9 tells us that the Psalm is spoken or sung to the king, perhaps as he enters the Temple to seek God’s help. At this point, the people and the king stand together in petition to God because the success of the king is the success of the people. In our context, we would pray for our church leaders or even our national leaders. What would “victory” be, in your mind, when you pray for them?
2. *“May the Lord answer you when you are in distress; may the name of the God of Jacob protect you. May he send you help from the sanctuary and grant you support from Zion. May he remember all your sacrifices and accept your burnt offerings. May he give you the desire of your heart and make all your plans succeed. May we shout for joy over your victory and lift up our banners in the name of our God. May the Lord grant all your requests.”* The Psalmist prays for God’s favour upon the king. Christians however enjoy God’s favour as his promise: “In that day you will ask in my name. I am not saying that I will ask the Father on your behalf. No, the Father himself loves you because you have loved me and have believed that I came from God” (John 16). How do you think this works out in real life? Is this true for now or for the coming age? Is this true for you as a Christian or only for specially chosen ones?
3. *“Now this I know: The Lord gives victory to his anointed. He answers him from his heavenly sanctuary with the victorious power of his right hand.”* Faith turns into confidence as the Psalmist seeks God’s favour. Why is the Psalmist confident?
4. *“Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They are brought to their knees and fall, but we rise up and stand firm.”* The confidence of the Psalmist is not on the power that is available but on God’s commitment: The king is God’s anointed; the Jews bear the name of God. Do you share the same confidence of faith in God whose name you bear, or do you put your trust in “pulling strings”, or the size of your bank account, or even in your own abilities and experience? Would you take the pragmatic way out in the face of difficult circumstances or do you stand firm on your principles and integrity?

# Wednesday and Thursday

[**PSALM 21:1-7**](https://www.biblegateway.com/passage/?search=Psalm%2021&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 21:1-7](https://www.biblegateway.com/passage/?search=Psalm%2021&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 king rejoices in your strength, Lord. How great is his joy in the victories you give! You have granted him his heart’s desire and have not withheld the request of his lips. You came to greet him with rich blessings and placed a crown of pure gold on his head.”* It is not difficult to read this Psalm as the follow-up to the prayer in the previous Psalm. What is your experience of the truth of Jesus’ words in John 16 that was quoted in the previous day’s meditation? How has God been treating you in your life as a Christian?
2. *“He asked you for life, and you gave it to him—length of days, for ever and ever. Through the victories you gave, his glory is great; you have bestowed on him splendor and majesty. Surely you have granted him unending blessings and made him glad with the joy of your presence.”* The king’s experience of God is one of deliverance, victory and blessing, resulting in great joy. Notwithstanding times of failure and discipline, do you think that this is something that a Christian can reasonably expect as they walk with God?
3. *“For the king trusts in the Lord; through the unfailing love of the Most High he will not be shaken.”* The Psalmist makes a clear connection between the joy and blessing of the king’s life and his faith and trust in God and makes a further connection to the faithfulness of God. These connections are the underpinnings of a healthy spiritual life. Would you say that you have a strong and healthy spiritual life?

# Friday and Saturday

[**PSALM 21:8-13**](https://www.biblegateway.com/passage/?search=Psalm%2021&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 21:8-13](https://www.biblegateway.com/passage/?search=Psalm%2021&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. *“Your hand will lay hold on all your enemies; your right hand will seize your foes. When you appear for battle, you will burn them up as in a blazing furnace. The Lord will swallow them up in his wrath, and his fire will consume them. You will destroy their descendants from the earth, their posterity from mankind. Though they plot evil against you and devise wicked schemes, they cannot succeed. You will make them turn their backs when you aim at them with drawn bow.”* We can read “you” and “your” to mean God or the king but it is more likely that the Psalmist is speaking of God here. This is the God that the king trusts and relies on. What is your impression of the God the Psalmist describes here?
2. *“Be exalted in your strength, Lord; we will sing and praise your might.”* Ultimately the Psalmist glories in the strength and might of God. He has all the power to deliver, to succeed and to bless. Is he your God as well? Or is your God distant, unresponsive, all talk and no action?
3. Read through the two Psalms again and pick out the key elements of the king’s relationship with God. How can the details of the relationship between the king and God enrich your own relationship with your God?

# Sunday

##### THE KING AND I

*“You have granted him his heart’s desire and have not withheld the request of his lips. You came to greet him with rich blessings and placed a crown of pure gold on his head. He asked you for life, and you gave it to him— length of days, for ever and ever.”*

In the Psalms, the king is usually David, of whom God said in 2 Samuel 7: “This is what the Lord Almighty says: I took you from the pasture, from tending the flock, and appointed you ruler over my people Israel. I have been with you wherever you have gone, and I have cut off all your enemies from before you. Now I will make your name great, like the names of the greatest men on earth. And I will provide a place for my people Israel and will plant them so that they can have a home of their own and no longer be disturbed.”

The king is the focal point for his people. As the king is blessed, so the people enjoy God’s goodness.

However, from David will come a greater King. “He is the one who will build a house for my Name, and I will establish the throne of his kingdom forever. I will be his father, and he will be my son.” (2 Samuel 7). He is our King and as we read in these two Psalms, God will grant him complete victory over his enemies, answer his every prayer, grant his heart’s desire and bestow on him life, abundant and eternal.

We should know that as Jesus is our King, so we enjoy all that God grants him.

This is not about prosperity, as we can easily misunderstand. But we should know that these things that God grants to our King bring us victory over sin, the full support and love of God, and unending blessings so that life is filled with the joy of his presence.

Do you believe this? Or do you think it is only for specially chosen ones? How can we enjoy this life that the king did?

*“Surely you have granted him unending blessings and made him glad with the joy of your presence. For the king trusts in the Lord; through the unfailing love of the Most High he will not be shaken.”*

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.