**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

**PSALM 86:1-7**

1. Take time to be quiet, until you can focus on being in the presence of God. Read the text until you can understand what it says. If you have any initial thoughts, write them down.

*This psalm expresses many things. Feel free to set aside the questions and pursue what your heart responds to as you read it.*

1. In approaching God David describes himself in many ways. How does he regard himself in the presence of God?
2. At the same time David also expresses who God is. What are they and which of them are most meaningful to you?
3. In the context of who he is and who his God is, what does David ask for? Why is confident his prayer will be heard?
4. How would you describe the way David approaches his God. How do you approach God? What can you learn from David?
5. Write down a prayer in response.

# Tuesday

**PSALM 86:1-7**

1. Take time to be quiet, until you can focus on being in the presence of God. If you have any initial thoughts, write them down.
2. Read the passage. Review the answers/thoughts you wrote down yesterday. Is there anything that you need to respond to?
3. Review the past day. What concerns/joys/events occupy your heart?
4. Write down a prayer in response.

# Wednesday

**PSALM 86:8-13**

1. Take time to be quiet, until you can focus on being in the presence of God. Read the text until you can understand what it says. If you have any initial thoughts, write them down.
2. “Among the gods there is none like you, Lord.” What could be “other gods”? What is different about the God David worships?
3. David responds to the One True God and asks for his help so that he will be his one true follower. What does he ask of God at this point?
4. Finally David praises God. What does he praise God for?
5. While this psalm is a prayer of need, David kept his focus on God and his ongoing relationship with Him; he prays in the context of his relationship with God. What can you learn from his example?
6. Write down a prayer in response.

# Thursday

**PSALM 86:8-13**

1. Take time to be quiet, until you can focus on being in the presence of God. If you have any initial thoughts, write them down.
2. Read the passage. Review the answers/thoughts you wrote down yesterday. Is there anything that you need to respond to?
3. Review the past day. What concerns/joys/events occupy your heart?
4. Write down a prayer in response.

# Friday

**PSALM 86:14-17**

1. Take time to be quiet, until you can focus on being in the presence of God. Read the text until you can understand what it says. If you have any initial thoughts, write them down.
2. What was the problem that has brought David to his knees? What else do you know about this problem? Why did he provide so few details?
3. What 2 grounds did David based his plea upon? Why would he bring up the fact that he and his mother are God’s loyal servants? Would you say the same of yourself on your knees before God?
4. Why did David end up asking for a sign? Do you think that is a good thing to do? Regardless of sign, what has David already received from God by the end of the psalm? Why is this so?
5. Do you have a problem that you need to bring before the Lord? Write down a prayer in response.

# Saturday

**PSALM 86:14-17**

1. Take time to be quiet, until you can focus on being in the presence of God. If you have any initial thoughts, write them down.
2. Read the passage. Review the answers/thoughts you wrote down yesterday. Is there anything that you need to respond to?
3. Review the past day. What concerns/joys/events occupy your heart?
4. Write down a prayer in response.

# Sunday

**A PRAYER FOR HELP**

*Hear me; answer me; guard me; save me.*

David was in distress. He was under attack and he needed rescuing. And so he turns to his God. But instead of focusing on his problems, David focused on his God and on his relationship with his God.

*I am poor and needy; I am faithful to you; I trust you; I call to you all day long; I put my trust in you.*

*You are my God; you are forgiving and good; you abound in love; you are greater than all other gods; you created the nations; you alone are God.*

As he worships God in his hour of need, his mind turns away from his problems and towards his God.

*Teach me your way, Lord; give me an undivided heart. How I rely on you; how I fear your name; how I praise you!*

And now filled with these thoughts of God, David finds comfort and help. The danger remains but he knows he is in a position of strength. In a final response, David calls on God to save him but also to show Himself to His enemies that they will know Him and know that they are on the side of wrong; that they will know the futility of opposing the One True God.

A prayer for help turns into a time of worship resulting in comfort and confidence.

1. Take time to be quiet, until you can focus on being in the presence of God. If you have any initial thoughts, write them down.
2. Review the answers/thoughts you wrote down in the past week. What conclusion can you draw from the passages of Scripture you have been considering? Is there anything that you need to respond to?
3. Read the short sharing above. Does it add anything to your conclusion?
4. Review the past week. What concerns/joys/events occupy your heart?
5. Write down a prayer in response.