**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

**HEBREWS 1:1-2**

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. *“In the past God spoke to our ancestors through the prophets at many times and in various ways”* Essentially the record of God’s revelation through the prophets is the Old Testament. What is the purpose of God’s revelation? Why would he choose to speak to us at all? What does this tell you about God?
3. *“But in these last days he has spoken to us by his Son”* There is clearly a comparison: “the past” and “these last days”. What is the writer implying?
4. Not only is the present revelation to be the final revelation, it is also a revelation made by God’s Son, *"whom he appointed heir of all things, and through whom also he made the universe."* In any communication, the most important messages must be made by a person of the highest rank. While God spoke *through* the prophets, he spoke *by* his Son. What is the implication of all these on the message that is brought by Jesus?
5. What is this message spoken to us by his Son?
6. Think of all the trouble God has taken to communicate with us over time not just to help us understand our predicament, but also provide the means with which we can return into his presence. Ultimately God spoke to us by his Son on the cross. God’s plan of salvation is detailed and painstaking, culminating in the death of his Son so that, as the writer of Hebrews says in chapter 5, we can “approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Write down a prayer in response.

# Tuesday

**HEBREWS 1:1-2**

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

**HEBREWS 1:2-3**

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. Hebrews in these two verses gives a detailed description of the Son, in terms of his deity. Take a bit of time to chew on what is said and write down your thoughts:
   1. Appointed heir of all things
   2. Through whom the universe was made
   3. Radiance of God’s glory
   4. Exact representation of God’s being
   5. Sustains all things by his powerful word
3. The Son sacrifices himself to redeem the universe he has made and in doing so the Father has put all things under his feet. He now sustains all of creation. Think of Jesus on the cross and think of Jesus as the one who sustains all creation. Write down your thoughts.
4. The Son expresses the Father’s will, the Father’s glory, he Father’s being. The Cross is the perfect expression of God’s will, God’s glory and God’s being. Take some time to contemplate this. What does this say to you?
5. Write down a prayer in response.

# Thursday

**HEBREWS 1:2-3**

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

**HEBREWS 1:3b**

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. *“After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.”* This is the picture of Jesus’ cry on the cross: It is finished! God’s will has been accomplished. See also the quote found in v13:  
    “Sit at my right hand

until I make your enemies

a footstool for your feet”

It is an assurance that all has been accomplished and it is only a matter of time when it will all be a reality. As before, take time to contemplate the truth that Hebrews is teaching and write down your thoughts.

1. Write down a prayer in response.

# Saturday

**HEBREWS 1:3b**

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

**THE GLORIOUS GOSPEL OF JESUS CHRIST (HEAVEN’S PERSPECTIVE)**

*After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.*

We are so earth-bound that we rarely view, and appreciate, things from heaven’s perspective. Our time frame is so short it is difficult for us to see the time frame that God is working in. Hebrews reminds us of this and in these introductory verses of Chapter 1, he paints for us a glorious picture of the Gospel of Jesus Christ.

It began thousands of years ago with God reaching out to Abraham. Through a covenantal relationship that is often tumultuous God worked with him and his descendants, culminating in the creation of the nation Israel and the establishment of the Law and the Sacrifices. It laid the foundation for us to understand how God views sin, what it does to our relationship with him and what is needed to allow us into his presence again.

But Hebrews tells us that that was only foreshadowing an even greater purpose: *“In these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe.”* All that we understand of the Law and the Sacrifices are intended to help us understand what the Sacrifice of the Son is to accomplish — true and complete purification for sins. Hebrews 2:14 tells us that *“by his death he might break the power of him who holds the power of death—that is, the devil.”* And the import of this is that “all things” will ultimately be brought under the rule and authority of the Son.

In the Law and the Sacrifices we know of God’s holiness, God’s wrath, God’s requirement, God’s righteousness. In Christ we learn of God’s sacrificial, loyal, relentless, perfect love because he radiates the glory and being of God on the Cross.

It is finished. With the resurrection Death is defeated and with the defeat of death, satan’s power is neutralised. The Son sits down, having accomplished his victory, at the right hand of the Majesty and in due course all things will come under the rule and authority of the Son.

This is the glorious Gospel of Jesus Christ.

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.