[**TIME ALONE WITH GOD**](http://timealonewithgod.org/)

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 1:1-3**](https://www.biblegateway.com/passage/?search=psalm+1&version=NIV)

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. *“Walk in step, stand in the way, sit in the company … of the wicked, sinners and mockers.”* With these rich references to bad company, what are they like so you recognise them in your life? What do the multiple ways a person uses to rub shoulders with bad company imply?
3. *“Delight is in the law … meditates on his law.”* In contrast to the multiplicity of sin, there is the singularity of righteousness. What does that imply? The law of the LORD is the Torah, commonly understood as the instruction of the LORD. For Christians, the equivalent would be the Bible. What does it mean that this person’s delight is in the instruction of the LORD? What is this delight to result in?
4. *“That person is like a tree planted by streams of water.”* What does a healthy, fruitful, well-watered tree seem to you? How does such a tree affect its surroundings?
5. *“Whatever they do prospers.”* Think back: What do they delight in? What do they avoid? What will influence their values and character? God says such people will find success in life. Write down a prayer in response.

# Tuesday

[**PSALM 1:1-3**](https://www.biblegateway.com/passage/?search=psalm+1&version=NIV)

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 1:4-5**](https://www.biblegateway.com/passage/?search=psalm+1&version=NIV)

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. *“Not so the wicked!”* Who would the wicked be? What characterises them?
3. *“They are like chaff that the wind blows away.”* Contrast the tall, stable tree with deep roots, able to stand against the most severe of storms, and chaff, blown away by the merest wind. What is the Psalmist conveying? Why do the wicked not enjoy the stability and durability of the righteous?
4. *“Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.”* Therefore—because they are like chaff—what will be the result of their life?
5. What does the Psalmist convey to you about the fate of the wicked? Write down a prayer in response.

# Thursday

[**PSALM 1:4-5**](https://www.biblegateway.com/passage/?search=psalm+1&version=NIV)

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 1:6**](https://www.biblegateway.com/passage/?search=psalm+1&version=NIV)

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. Why is the Psalmist so sure about the fate of the righteous and the fate of the wicked?
3. Read the whole Psalm again. What do you think is meant by “blessed”?
4. Do you think your life and your life choices are bringing you down the path of blessedness? Write down a prayer in response.

# Saturday

[**PSALM 1:6**](https://www.biblegateway.com/passage/?search=psalm+1&version=NIV)

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 GOOD TREE

*That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.*

It may sound strange but I would love to be a tree.

A healthy, well-watered tree is an ecological blessing to the surroundings. The branches and leaves shelter the area from the heat and the storm. Strong roots prevent erosion. It’s flowers and fruits attract birds and insects and even small animals, allowing other types of flora and fauna to flourish. It gives so much yet asks for so little; just nutrition from the soil and water.

The Psalmist tells us that the man whose delight is the instruction of the LORD and thus meditates on it day and night is like such a tree. He is blessed because his delight is not in the company of bad people and so he does not choose to spend much time with them, preferring to spend time with the LORD; but much more, he is a blessing to all around him.

The opposite is the man who can’t wait to finish his quiet time or the Sunday worship, to quickly switch on the TV, or check his FB and laugh at the many messages on his WhatsApp. God is an embarrassment or a quaint relic of the past. Goodness is boring and virtue is to be mocked. “The lust of the flesh, the lust of the eyes, the pride of life”—these are what that man delights in.

Who are the wicked, the sinner and the mocker? The wicked are people who wish (or cause) harm to others. The sinners are the impure, the vile, the evil, who not only tolerate sin but celebrate it. The mocker targets righteousness and virtue and makes them look silly and uncool. You find all of them on your TV, your FB and your WhatsApp.

The Psalmist tells us that in contrast with the righteous, the wicked are like chaff, easily blown away by the merest wind.

Our choices matter. What we delight in will naturally influence how often we spend time with them. And when we spend a disproportionate amount of time with the wicked, the sinner and the mocker, we will be influenced—make no bones about it.

*For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.*

This is a fundamental lesson in life. We need to learn it well.

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. Do they add anything to your own conclusions?
4. Review the past week. What concerns/joys/events occupy your heart?
5. Write down a prayer in response.