[**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

[**EPHESIANS 1:1-6**](https://www.biblegateway.com/passage/?search=eph+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. V1-2: How does Paul describe himself? And his readers? Who is God to them, and who is Jesus to them?
3. Vv3-6: List out the phrases that describe what God has done for us (eg. blessed us, freely given us). Note that they all are found “in Christ” or “through Christ”. What do you think it means?
4. *“In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will.”* God acted in love, with pleasure, and with purpose to make us his children. Paul is very conscious of the will and purpose of God in shaping our destiny and his *(an apostle of Christ Jesus by the will of God)*. How does that make you feel? Do you feel the same way, that God holds and shapes your life?
5. From these verses, why does God act so generously and graciously towards us?
6. We are the beneficiaries, but we are not the reason for such love and grace. There is no cause for arrogance and pride. Does this distinction make a difference in the way you see yourself in God’s sight? Write down a prayer in response.

# Tuesday

[**EPHESIANS 1:1-6**](https://www.biblegateway.com/passage/?search=eph+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

[**EPHESIANS 1:7-14**](https://www.biblegateway.com/passage/?search=eph+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. In v3, Paul wrote that God has blessed us “in Christ”, meaning that it is through Christ we will be blessed. Vv7-14 outlines what are ours to enjoy “in Christ”. List down as many as you can find from these verses what we have in Christ. Eg. We have redemption, forgiveness of sin, God’s grace …
3. Looking over the list you have just made, what is most meaningful to you? What have you not noticed (or appreciated) before?
4. Note also how we are blessed: through his blood, lavished upon us, with all wisdom and understanding, according to his good pleasure, according to the plan, a deposit guaranteeing our inheritance. What do these phrases convey to you about the blessing we have in Christ?
5. In the previous passage we saw that God purposed us for “adoption to sonship”. In this passage (vv9-10) what does Paul reveal to us as God’s grand overall purpose? What do you think it means?
6. “... in order that we ... might be for the praise of his glory.” Not in the sense that we praise God, but that WE are the praise of his glory. Just as when God created the heavens and the earth and saw that it was very good, so we, as his handiwork of salvation, express the glory of who he is. We see this phrase “the praise of his glory” in v6 and v14 as well. How would you describe God’s glory as expressed in all that he has done?
7. Write down a prayer in response.

# Thursday

[**EPHESIANS 1:7-14**](https://www.biblegateway.com/passage/?search=eph+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

[**EPHESIANS 1:15-23**](https://www.biblegateway.com/passage/?search=eph+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. V15-16: Why does Paul give thanks for the Ephesian Christians when he heard of their faith and love? Why is the fact that these people have truly become Christians so important to him?
3. Vv17-23: Make a list of the things Paul prays that the Ephesians may know and experience. Why is it important for us to know and experience? (note that this is not “I tell you so you know”, but more in terms of “you know deep in your bones”.)
4. “... his incomparably great power for us who believe.” Note that it is power FOR us and not IN us. Why is it important for us to know and experience this great power that ultimately will set Christ supreme to be over all? What does this great power accomplish?
5. Type out (or copy/paste) Paul’s prayer in vv17-23 below, but this time editing it so that it is his prayer directly for you. Insert your name at appropriate places in the prayer. Read it (aloud if possible) with the “amen” at the end.

# Saturday

[**EPHESIANS 1:15-23**](https://www.biblegateway.com/passage/?search=eph+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

##### THAT YOU MAY KNOW

*I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you (Ephesians 1:16-18, ESV).*

It is not so much that Paul has to pray that God will give us the Holy Spirit because that is a given. He prays that the core of what we gain from the Spirit is wisdom and revelation. Wisdom is knowledge that is applied to life and how we live, and revelation is knowledge that we cannot attain except that it is revealed to us. And for that, the eyes of our hearts need to be enlightened. How? I believe that it is in being educated in the Word of God and educated as we Walk with God, understanding deeply his mind, his heart, his goals, what pleases him and what he despises and hates. Of course the first step is our embrace of the Gospel for how else would we appreciate Christ’s work of Salvation except that the eyes of our hearts are enlightened. But many more steps must follow or else we will be as the writer to Hebrews says of his audience, immature and still needing to be fed on milk.

Firstly he prays that we will know God. In knowing him we will know how we should live. God is our Creator and he is our Saviour. There is no one else more important to know and to be mindful of, shaping the way we think, feel and live—wisdom.

Secondly he prays that we may know the hope to which we are called, not just what awaits us, and who we will become, but also the power that God exerts on our behalf, for our sakes; power that raised Christ from the dead and ultimately power that will completely eliminate evil and sin from our reality and the glory of Christ will infuse all of Creation—revelation.

The framing of Salvation in personal terms (God loves me and sent his Son as a sacrifice for my sin) misses the mark, I believe. TGod’s work of Salvation, conceived by him and executed by Christ (just like Creation) is cosmic in reach, ultimately, *“when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.”* And just like creation, *“we, who were the first to put our hope in Christ, might be for the praise of his glory.”* We will eternally be the expression of his glory as the Saviour God—his love, his mercy, his justice, his sacrifice, his faithfulness, his defeat of evil, his victory and triumph.

*For from him and through him and for him are all things. To him be the glory forever! Amen.*

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.