[**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

[**HEBREWS 12:1-2**](https://www.biblegateway.com/passage/?search=heb+12&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. *“Therefore since we are surrounded by such a great cloud of witnesses…”* The great cloud of witnesses are those mentioned in the “hall of faith” in chapter 11. The point made is that they have done their part and now it is our turn to carry the torch of faith. Does it make any difference to you that you are a part of a long line of people, including those who have martyred themselves rather than deny the faith?
3. *“Let us throw off everything that hinders and the sin that so easily entangles.”* What holds you back in your own progress as a Christian? What sin entangles you, meaning that you keep on getting tripped up by it and cannot move on from it? Is it worth your while to keep on clinging to these things?
4. *“Let us run with perseverance the race marked out for us.”* What is God telling you about perseverance? “Marked out for us” implies that each person may be running a different race, one specifically marked out for them. Your challenges may not be the same as another person. Is this helpful or not helpful to you in the challenge of perseverance?
5. *“... fixing our eyes on Jesus.”* Remember what he endured for your sake *“so that you will not grow weary and lose heart.”* Write down a prayer in response.

# Tuesday

[**HEBREWS 12:1-2**](https://www.biblegateway.com/passage/?search=heb+12&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

[**1 CORINTHIANS 9:24-27**](https://www.biblegateway.com/passage/?search=1+cor+9&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. *“Run in such a way as to get the prize.”* In other words, don’t opt for “good enough” because you may find that it is not good enough. If you are going to be Jesus’ disciple, be the best you can be. What do you think?
3. *“Everyone who competes in the games goes into strict training.”* In other words, be prepared to work hard. If Jesus has done everything to secure our salvation, what is there left for us to work hard on? So, what is this all about?
4. *“We do it to get a crown that will last forever.”* In other words, for such a prize surely all the hard work is worth it. Is it? Write down a prayer in response.

# Thursday

[**1 CORINTHIANS 9:24-27**](https://www.biblegateway.com/passage/?search=1+cor+9&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

[**PHILIPPIANS 3:10-16**](https://www.biblegateway.com/passage/?search=phil+3&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. *“I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.”* This is Paul’s stated goal as a Christian. What do you think he means?
3. *“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.”* It is not a done deal but a work in progress. Paul speaks of pressing on to attain what Jesus gave his life for him to attain. What did Jesus give his life for you to attain? What would you do to make sure that you actually attain it?
4. *“Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”* Don’t look back, look ahead! How would that advice be translated in your walk as a Christian?
5. As you look forward to what is ahead, perhaps a new year, or a new outlook, or new challenges, what promises of God that you have received over the past few weeks are especially important to you? What challenges do you anticipate? Write down a prayer in response.

# Saturday

[**PHILIPPIANS 3:10-16**](https://www.biblegateway.com/passage/?search=phil+3&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

**I PRESS ON**

*“I press on to take hold of that for which Christ Jesus took hold of me.”*

Jesus took hold of me. He grabbed me and held on tightly. He refused to let me go. Even though it brought him to the pain of the cross. Even to the shedding of his blood. Even though it cost him his life.

What did he do this for? It was so that I might have life. If he had not done what he had done I would have been lost in my sin, condemned and exposed to the wrath of God.

Now that I am saved from condemnation, saved from God’s wrath, torn from the clinging grip of sin by my determined Lord, I in turn will do my best to take hold of that life that Jesus gave back to me at the cost of his own. My life must not be wasted; it is too precious. Just as he took hold of me and refused to let me go, so too I press on to take hold of life.

What we need to realise is that Jesus did not give his life just so we can go on living our lives. Surely our lives are not worth the life of the Son of God. No, the life he has won for me is far, far more than what I am experiencing now. As John says in 1 John 3:2, *“But we know that when Christ appears, we shall be like him, for we shall see him as he is.”* We will be like him in his glory.

Therefore, I set aside the things that weigh me down; I leave behind the past that may distract me; I don’t waste time, energy and opportunity; every time I am knocked down, I get up again; I train; I press on.

The language employed by the writers is extreme—let us throw off everything that hinders; I strike a blow to my body and make it my slave—but the picture they convey is clear: Christ had gone to extremes to give me this life, I should not shrink from the challenges of the life that I am called to live in his name.

For my sake, Jesus did not falter. For his sake, neither will I.

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.