[**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

[**COLOSSIANS 2:6-7**](https://www.biblegateway.com/passage/?search=col+2&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.

*We will be focusing on these two verses the entire week.*

1. *“So then, just as you received Christ Jesus as Lord …”* The meaning here is “In the same way as you received Christ Jesus as Lord”. How did you receive Christ as Lord? What did you need to do for him to accept you and agree to be your Lord? What should a relationship with Christ Jesus as Lord be like?
2. *“… continue to live your lives in him.”* “Continue” means whatever was going before (your answers in the previous question), don’t stop. It doesn’t matter how long ago you became a Christian; continue in the same way. Have you veered away from trusting Jesus for your righteousness, believing that your sins—past, present, future—have been decisively dealt with by Jesus’ sacrifice, and following him as his disciple? Would you say that presently you are “continuing to live your life in him” just as you have received him in the first place?
3. *“… in him.”* The simplest way (I think) to understand this is to think of yourself joining the “Jesus Gang”, meaning that “in him” is like “in his gang”. You are now under his protection, you enjoy his reputation and authority, he bears responsibility for you. At the same time his business is now yours, you protect his reputation, and you go through his training to be an effective gang member. You bear his mark. To everyone (and to God), you are one and the same as Jesus. Would anything change if you were to live in this way?
4. Write down a prayer in response.

# Tuesday

[**COLOSSIANS 2:6-7**](https://www.biblegateway.com/passage/?search=col+2&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

[**COLOSSIANS 2:6-7**](https://www.biblegateway.com/passage/?search=col+2&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. *“… rooted and built up in him, strengthened in the faith as you were taught.”* “Rooted” means to anchor, so as to gain stability and strength. You are not shifting here and there. It also means to draw sustenance from. How can these ideas shape the way you live your Christian life? Are you rooted in Jesus?
3. *“… rooted and built up in him, strengthened in the faith as you were taught.”* “Built up” on the other hand is above the ground—visible—and it will reflect the soil your roots are drawing from. As time goes on what is built up can change but “in him” means that what is built up, what is seen, should always bear his stamp, his essence. Does your life, the fruit of your labour, what people can see in you and of you—does it taste, feel, look, like what Jesus is all about? Would Jesus be happy that you bear his name? Would people have a good sense of what Jesus is like, having known you?
4. *“… rooted and built up in him, strengthened in the faith as you were taught.”* “Taught” tells us that the rooted and the built up needs the faith of a person well-taught. You can’t run away from the importance of being shaped by the mind of God through his Word. You can’t just assume that what you think is good and right is what God also thinks is good and right. You can’t just make things up as you go along. Would you say you have a good relationship with God’s Word and you continue to be taught by him?
5. Read Matthew 7:24-27 about the wise man who builds his house upon the rock. What differentiates him from the foolish man? What are the two outcomes? Write down a prayer in response.

# Thursday

[**COLOSSIANS 2:6-7**](https://www.biblegateway.com/passage/?search=col+2&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

[**COLOSSIANS 2:6-7**](https://www.biblegateway.com/passage/?search=col+2&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. *“… and overflowing with thankfulness.”* Rooted, built up, taught, thankful. Why is thankfulness so important to Christian growth? In the context, what are we to be overflowing with thankfulness for? What happens to our hearts when we are constantly overflowing with thankfulness? What happens to our attitudes when we are constantly overflowing with thankfulness?
3. Are you overflowing with thankfulness? Is it easy for you to know and remember the things you are thankful for? Would you say that as a Christian you are generally a happy person?
4. List down 5 things that God has done for you that you are truly thankful for. Write down a prayer in response.

# Saturday

[**COLOSSIANS 2:6-7**](https://www.biblegateway.com/passage/?search=col+2&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 CHRISTIAN LIFE**

In the previous week, we were urged by the Word of God to take hold of the life for which Jesus took hold of us. Colossians 2:6-7 sum up succinctly what that means.

Firstly the foundation, which is the Gospel. Jesus sacrificed himself to cancel out my debt of sin, past, present and future. In its place, he shares with us his righteousness—we are perfect because he is perfect. God adopts us as his children and commits himself to love us, for the sake of his Son, and sends us his Holy Spirit. To enjoy all these, we believe that Jesus’ offer is true, and so we renounce sin and we submit ourselves to become disciples of Jesus.

Secondly the life that we build, which is our sanctification. Paul tells us to continue to live our lives in him. It implies that the foundation is not something that happens and then it is behind us. The foundation is really the engine for our sanctification and we need to keep it running. Again and again as we build the life that Jesus won for us, we will need to return to the foundation to be reminded that we are forgiven, that we are righteous, that we are loved, that we have the Holy Spirit. These are our roots.

At the same time we are also to continue as disciples of Jesus; we are to be following him. In order to be truly following him (and not our notions of him), we must be taught by him; we need to know his mind and his heart as revealed to us in the Bible. As we follow him, our lives are thus shaped by his mind and his heart.

Finally, we continue the spirit of thankfulness that was there when we first received the Gospel and responded to it. We are thankful because we were shown mercy, we were shown love and we were the beneficiaries of God’s generosity towards us. God is not a harsh school master always berating us because we do not measure up to his standards—we would never be thankful to such a God! No, we continue to be thankful because we continue to be blessed by his mercy, his love and his generosity, without which we would have floundered a long time ago. Such thankfulness keeps us on the right path, having the right attitude and spurs us to work hard because we are grateful for his sacrifice for our sake.

We are constantly inundated with many imperatives and many calls to this cause and that program. Let us not lose sight of what fundamentally is our primary focus as Christians—Jesus Christ. *“This is my Son, whom I have chosen; listen to him.”* (Luke 9:35)

*So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

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.