[**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 34:1-7**](https://www.biblegateway.com/passage/?search=ps+34&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 will extol the Lord at all times; his praise will always be on my lips.”* It is not possible (I think) to praise God all the time unless one does nothing else but one way would be to praise him in every circumstance. *“I will glory in the Lord.”* The idea here is to revel in, to thoroughly delight in, God. *“Glorify the Lord with me; let us exalt his name together.”* There is even greater pleasure when you are with people who genuinely delight in God. Compare the Psalmist’s feelings towards God and your own. This is not to say that your feelings must be the same as the Psalmist’s, but why the difference if there is one?
3. *“I sought the Lord, and he answered me; he delivered me from all my fears.”* What is the Psalmist’s experience of God? How about you? Do you know God as one who hears and delivers? Does this mean that David (the Psalmist) has no problems as God solves all his problems for him? How would you understand this experience of God that David has?
4. Clearly there is a relationship between David’s feelings towards God and the way that God has responded to his prayers. What is your experience of God in your daily life? Who is God to you?
5. Write down a prayer in response to him.

# Tuesday

[**PSALM 34:1-7**](https://www.biblegateway.com/passage/?search=ps+34&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 34:8-14**](https://www.biblegateway.com/passage/?search=ps+34&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. *“Taste and see that the Lord is good; blessed is the one who takes refuge in him.”* You won’t know God until you enter into a daily relationship with him. Blessed is the one who does. This is not about becoming a Christian or going to church but sharing your life with God and letting him be the significant person in your life. Do you?
3. *“Fear the Lord, you his holy people, for those who fear him lack nothing.”* What does it mean to fear God? Surely it cannot mean to be afraid of him. If we fear God without being afraid of him, then we will make sure that we know God and walk in his ways. Do you know God and walk in his ways? How does the psalmist express his fear of the Lord? How do you express your fear of the Lord?
4. *“The lions may grow weak and hungry, but those who seek the Lord lack no good thing.”* The lion is at the top of the food chain because they are the strongest. But if God is on your side, you are stronger than the strongest. Write down a prayer in response.

# Thursday

[**PSALM 34:8-14**](https://www.biblegateway.com/passage/?search=ps+34&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 34:15-22**](https://www.biblegateway.com/passage/?search=ps+34&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. *“The face of the Lord is against those who do evil, to blot out their name from the earth.”* Do you think this is true? If so, it is even more urgent that you fear God and daily walk with him.
3. *“The righteous cry out, and the Lord hears them; … the Lord is close to the brokenhearted and saves those who are crushed in spirit.”* Instead he is on the side of the righteous and the brokenhearted (meaning those who are humble, or from the Beatitudes, the poor in spirit). We are not always righteous but we can come before him humbly. How is your heart before God?
4. *“The Lord will rescue his servants.”* Do you serve him?
5. The eyes of the Lord are on the righteous, his ears attentive to the cry of the humble, and his arm will rescue his servants. Is God on your side or does your life place you on the opposite side of God? Write down a prayer in response.

# Saturday

[**PSALM 34:15-22**](https://www.biblegateway.com/passage/?search=ps+34&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

**TASTE AND SEE**

You cannot know God by singing songs to him. You cannot know God by listening to sermons. I dare say that you cannot know God by studying the bible.

You have to walk with him.

Once you know him in your life’s experience, those songs you sing become real and meaningful and singing them with others who also know him will be even sweeter. Once you know him the sermons make sense (as preached by someone who also knows him) as they challenge you to grapple with areas in your life, or they open up windows to further your understanding of who God is.

But much more than the songs and the sermons, the Word has a special place in your walk with God, because it is the Word of God; it is his voice. While you cannot know God by studying the bible without responding to the truth that is in it, you cannot walk with God without knowing his voice. Through his voice you know his mind; you know his heart; but only when you respond to him and experience what he does would you truly know.

The God of the Psalmist is one who has heard his cry, who has delivered him, who has answered his questions, who is his guardian, who is his guide, who is his righteousness, who is his delight, who is his life. The God of the Psalmist is not a concept, a silent and distant deity, one who does nothing but takes credit for everything.

Is he your God too? Would you have a vibrant relationship with him, daring to pray, daring to obey, daring to serve, daring to believe, daring to trust?

*Taste and see that the Lord is good; blessed is the one who takes refuge in him.*

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.