**TIME ALONE WITH GOD**

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 and Tuesday

[**PSALM 7**](https://www.biblegateway.com/passage/?search=Psalm%207&version=NIV)

Remember this is your time alone with God. It is a time to tell God what is on your mind (thinking back over the past day), listen to him speak to you (reading and meditating on a bible passage), and finally, to respond to him (prayer). The questions are there to help you do this. Ignore them if they do not help. If your time is limited, I suggest that you don’t do everything in one go but spread them over the two days.

1. Take time to be quiet so you can focus on your time alone with God. Recall and briefly write down any significant things that happened or occupied you during the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 7](https://www.biblegateway.com/passage/?search=Psalm%207&version=NIV). Write down what you think the passage is about and what it says to you. Feel free to use the questions in “Further Thoughts” to help you think over the text.
3. What is God saying to you? Write down a prayer in response.

**Further Thoughts**

1. *“Lord my God, I take refuge in you.”* What led David to come to God for refuge? What reasons might you have to need to come to God this week? Write it down as a prayer.
2. *“Lord my God, if I have done this and there is guilt on my hands …”* David in coming to God pleaded his innocence. What might you need to confess as you come to God? Our sin does not prevent us from meeting God, but we should be honest and repent nevertheless. Write it down as a prayer.
3. In vv6-9, what does David ask of God? What would you ask of God, now that you are in his presence? Write it down as a prayer.
4. *“My shield is God Most High, who saves the upright in heart. God is a righteous judge, a God who displays his wrath every day.”* In his request, David relied on the character of God as the basis for God to act on his behalf. In your own prayer and requests what is the character of God upon which you rely on? Often, in our prayers, we say “in Jesus’ Name I pray”, meaning that our prayers come with the approval of Jesus. Go over the prayer you have written in question 3 and review it in this context. Modify it if necessary.
5. “I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High.” Are you confident that the prayers you offer to God “in Jesus’ Name” will be well-received by God? If so, write a prayer of thanksgiving.

# Wednesday and Thursday

[**PSALM 8**](https://www.biblegateway.com/passage/?search=Psalm%208&version=NIV)

Remember this is your time alone with God. It is a time to tell God what is on your mind (thinking back over the past day), listen to him speak to you (reading and meditating on a bible passage), and finally, to respond to him (prayer). The questions are there to help you do this. Ignore them if they do not help. If your time is limited, I suggest that you don’t do everything in one go but spread them over the two days.

1. Take time to be quiet so you can focus on your time alone with God. Recall and briefly write down any significant things that happened or occupied you during the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 8](https://www.biblegateway.com/passage/?search=Psalm%208&version=NIV). Write down what you think the passage is about and what it says to you. Feel free to use the questions in “Further Thoughts” to help you think over the text.
3. What is God saying to you? Write down a prayer in response.

**Further Thoughts**

(The text used below is from the English Standard Version, which I think retains a more poetic form. NIV strives to use gender neutral language.)

1. *“When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?”* What do you know about the universe? Do you know some facts and figures about the universe to give you an idea how vast it is? For example, The width of our galaxy, the Milky Way, is 100,000 light years and there are estimated 200 billion galaxies in the universe. How does that make you feel about yourself? How does that make you feel about God, maker of heaven and earth?
2. When you consider that the Person you are talking to, the Person you are praising, the Person you are worshipping, is God, maker of heaven and earth, and all that is in it, how do you feel about your relationship with him? How does it feel to know that when you pray, you are in the presence of God, maker of heaven and earth?
3. How do you feel about yourself and who you are then, when you are in the presence of God: small or big? What about your problems? Your needs? Your concerns? Your struggles with sin? Your problems in doing what he has taught you to do? Are they small or big in the context of your relationship with God? How do you feel then about yourself, and your problems?
4. *“Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. You have given him dominion over the works of your hands; you have put all things under his feet.”* Despite the puniness of our being, God has elevated us with glory and honour and dominion over creation. Our mastery over creation, our ability to gain knowledge and harness nature and bend it to our will in agriculture, travel, communication, medicine, weather and even space, reveals the truth of what the Psalmist says. We are God’s glorious creation with immense powers and abilities. We are not helpless. Why do you think God gave man such a position in his creation? What are we meant to do?
5. *“O Lord, our Lord, how majestic is your name in all the earth!”* Take time to read the psalm again and meditate on the implications of this vast universe that God created, this powerful creature that God appointed to have dominion over this universe, and what you, as a member of this race of man, are to do and to be.

# Friday and Saturday

[**PSALM 9**](https://www.biblegateway.com/passage/?search=Psalm%209&version=ESV)

Remember this is your time alone with God. It is a time to tell God what is on your mind (thinking back over the past day), listen to him speak to you (reading and meditating on a bible passage), and finally, to respond to him (prayer). The questions are there to help you do this. Ignore them if they do not help. If your time is limited, I suggest that you don’t do everything in one go but spread them over the two days.

1. Take time to be quiet so you can focus on your time alone with God. Recall and briefly write down any significant things that happened or occupied you the past day. Share with God what you thought or felt. Pray also for those he has laid on your heart.
2. Read [PSALM 9](https://www.biblegateway.com/passage/?search=Psalm%209&version=ESV). Write down what you think the passage is about and what it says to you. Feel free to use the questions in “Further Thoughts” to help you think over the text.
3. What is God saying to you? Write down a prayer in response.

**Further Thoughts**

1. As you read through the Psalm, what do you think David is doing in this Psalm? Would you say he was worshipping God, remembering past experiences, thanking him, petitioning him, or just having a conversation with him? Do you have a variety of conversations with God, or are they always about asking him to do something? How do you keep your relationship with God fresh and real?
2. Describe the God that David speaks of here. Do you see God in the same way: as king over the nations; as judge upholding righteousness and justice; as defender of the oppressed? Do you think God has any power or say over the conduct of nations, cultures, peoples and systems? Would it make any difference to trust in him and turn to him for justice, for protection, for a way to escape the schemes of the wicked? Or is God merely a source of solace and encouragement?
3. *“Arise, O Lord! Let not man prevail; let the nations be judged before you! Put them in fear, O Lord! Let the nations know that they are but men!”* Clearly David’s experience of God is not so clear cut in that he enjoys God’s immediate and evident interventions. Wicked and arrogant men and nations still abound and seemingly able to act with impunity. Yet he continues to appeal to God to assert his sovereignty over the world that he knows. Is this sensible and realistic or is he just indulging in wishful thinking? Who is God in your mind and heart?

# Sunday

##### TIME ALONE WITH GOD

*“Lord my God, I take refuge in you; save and deliver me from all who pursue me.”*

We began the week alongside David with a simple time alone with God, sharing with God about our need for him, honestly telling him about ourselves, confessing to him about the times we have failed to uphold his values and given in to our own selfishness, passions and greed and asking him to act in our lives to bring about that which he seeks to establish in us, and to banish that which would lead us astray.

David’s God, however, does not merely exist in the small world that David lives in. He is the God who created the heavens and the earth. A time alone with God is a time with the Creator of the universe; whose reach and power is unfathomable. And David the man is not a helpless individual, a tiny speck in the vastness of the cosmos; he is of a race who has been made just a little lower than the angels and given the glory and honour to dominate God’s creation.

And so as we walk alongside David, listening in to his conversations with God, we realise that our world is much larger, our concerns are far greater, because of who we are created to be. David spoke to God about justice, about righteousness, about defending the oppressed, hearing the cry of the needy and helpless, putting arrogant man in his place, punishing the nations for their wickedness, ensuring that the wicked will suffer the fate they exact on others.

He knows that God has yet to assert his full dominance and sovereignty as King and Judge—evil still abound. But he continues to speak to him about these matters, even as he also raises his own personal needs and issues.

We have a tremendous privilege, to be in the presence of God and be allowed to speak our mind, especially about matters that we know are aligned with the God we know. God, in his grace and love, listens to our personal needs and we must never be afraid to turn to him and to take refuge in him. But he is also the God of the universe, the King on the throne for justice, the Judge who is on the side of the righteous, the oppressed and the helpless, and he has called on us to stand with him in caring for this universe he has created. And we must not forget that.

*“When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. You have given him dominion over the works of your hands; you have put all things under his feet.”*

1. Review the answers/thoughts you wrote down in the past week. Read the short sharing above. Does it add anything to your own thoughts?
2. What is God saying to you? Write down a prayer in response.