

24 HOURS:

Part 3: Time Alone With God

Filling your day with meaningful activities will make your day glow with special moments and a feeling of fulfillment. The important thing is that you have the right definition for "meaningful".

By examining 24 hours in the life of Jesus you can begin to form a definition of "meaningful". Jesus invested His time and energy in the priorities of His Heavenly Father.

One of the important things Jesus did to stay in touch with the Father's priorities was the "Time Alone" with the Father.

Before you begin:

- 1. How does spending time with someone you respect help you?
- 2. How does spending time with someone who has wrong values hurt you?
- 3. How do you think spending time with God will add meaning to your life?

Monday:

Why Spend Time Alone With God?

1. God desires to spend time with you. Genesis 2:7-15

⁷ And the LORD God formed a man's body from the dust of the ground and breathed into it the breath of life. And the man became a living person.

⁸ Then the LORD God planted a garden in Eden, in the east, and there he placed the man he had created. ⁹ And the LORD God planted all sorts of trees in the garden—beautiful trees that produced delicious fruit. At the center of the garden he placed the tree of life and the tree of the knowledge of good and evil. ¹⁰ A river flowed from the land of Eden, watering the garden and then dividing into four branches. ¹¹ One of these branches is the Pishon, which flows around the entire land of Havilah, where gold is found. ¹² The gold of that land is exceptionally pure; aromatic resin and onyx stone are also found there. ¹³ The second branch is the Gihon, which flows around the entire land of Cush. ¹⁴ The third branch is the Tigris, which flows to the east of Asshur. The fourth branch is the Euphrates. ¹⁵ The LORD God placed the man in the Garden of Eden to tend and care for it.

- a. How should you be influenced by the fact that the Creator of the universe desires to spend personal time with you?

- b. How have you allowed this truth to influence the time you spend with God?

- c. How do you plan to change your priorities so you can spend more and better quality time with the Heavenly Father?

2. The place of time spent with God was important to Him.
a. Describe the place God created for the purpose of spending quality time with Adam and Eve.

- b. Adam and Eve's sin created a barrier between them and God that hindered this perfect setting. Identify sin in your life that distracts from the quality of the time you try to spend with God.

- c. What does God promise to do about that sin if you confess it to Him? 1 John 1:9 ⁹ But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong.

3. What does God promise to do if you will seek to spend time with Him? Jeremiah 29:12-14 ¹² In those days when you pray, I will listen. ¹³ If you look for me in earnest, you will find me when you seek me.

Tuesday:

Making the Time

The greatest barrier to managing your time as you know you should is the interruptions that consume your time.

1. What are some of the interruptions that you regularly experience?
2. How many of these interruptions are opportunities to minister to individuals in Jesus' Name?
3. Your first thought might be to try to avoid some of these "interruptions". Instead of avoiding them, how can you use the time to share what you know about Jesus with them?

4. What did Jesus do to have His time alone with the Heavenly Father and minister to others? Mark 1:35

³⁵ The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray.

Wednesday:

Benefits of Making Time to be with God

1. You can have God's direction in making major decisions.
Luke 6:12-13

¹² One day soon afterward Jesus went to a mountain to pray, and he prayed to God all night. ¹³ At daybreak he called together all of his disciples and chose twelve of them to be apostles . . .

a. What major decision have you made that looking back you should have asked God for guidance?

b. How can you reshape your schedule to regularly spend time alone with God to have His guidance in decision making?

2. Time with God is an opportunity to "thank" God for what He has done rather than just asking for stuff. Luke 10:21

²¹ Then Jesus was filled with the joy of the Holy Spirit and said, "O Father, Lord of heaven and earth, thank you for hiding the truth from those who think themselves so wise and clever, and for revealing it to the childlike. Yes, Father, it pleased you to do it this way.

a. When was the last time you thanked God for specific things that He has allowed you to enjoy, or provision He has given you?

b. Schedule a time with God and bring a list of things for which you can thank Him.

3. Time with God is your opportunity to surrender to His will.

Matthew 26:39 ³⁹ He went on a little farther and fell face down on the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will, not mine."

a. God's will and Jesus' wants did not match, but what was Jesus' final communication to the Father?

b. God's will and your will and wants may not match. How can spending time alone with God help you come to surrender to His will instead of insisting on your will to be done?

Thursday:

Biblical steps to a Time with God

1. You need to find a solitary place.

Matthew 6:6

⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father secretly. Then your Father, who knows all secrets, will reward you.

a. Where can you spend time with God with the least distractions?

b. How early will you need to start to have the least interruptions?

c. Will this place and time be available on a regular schedule?

2. Prepare to meet God.

Psalm 46:10

¹⁰ "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

a. What can you do to mentally and spiritually prepare for this meeting?

b. You will need a note pad and pen to take notes as God shares His message with you. Find your note pad and pen the night before the meeting. Why do you think this is a good idea?

Friday:

3. Absorb God's Thoughts

1 Corinthians 2:16

¹⁶ . . . "Who can know what the Lord is thinking? Who can give him counsel?" But we can understand these things, for we have the mind of Christ.

a. Why must one be a believer to experience the thoughts of God?

b. How will reading the Bible help you better understand what God shares with you in your time with Him? Psalm 119:105

¹⁰⁵ Your word is a lamp for my feet and a light for my path.

4. Listen to what God has to say to you. Isaiah 40:28-31

²⁸ Have you never heard or understood? Don't you know that the LORD is the everlasting God, the Creator of all the earth? He never grows faint or weary. No one can measure the depths of his understanding. ²⁹ He gives power to those who are tired and worn out; he offers strength to the weak. ³⁰ Even youths will become exhausted, and young men will give up. ³¹ But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

(Philippians 4:13; Isaiah 26:3; Isaiah 30:15)

a. Why should you "Trust" or "Listen" to what God shares with you as you are alone with Him?

b. What benefits can you expect if you will live your life trusting in what God says to you?

Turning Point . . .

- A commitment to spend time alone with God each day.
- A commitment to spend time reading God's Word each day.
- A commitment to live your life based on what God says to you.
- A commitment to live your life trusting what God says through your time with Him and from reading His word gives you a life of meaning.