

Extended time with God

Purpose is to enjoy time with the Lord and allow Him to speak to us.

Ps 46:10 “Be still & know that He is God”. Slow down and in fact stop listen to His voice.

Luke 10:38-42. Not get distracted but enjoy the good part.

Before we hear from God we need to get rid of barriers, clutter/ noise (let our “tape” run out) burdens, and sins.

Uploading

Prepare your heart to meet with the Lord. Perhaps you have a favorite Psalm (33, 34, 37), devotional reading or some music that helps you to praise/ focus on Him. Enjoy this time and ask God to give you an expectant heart as you spend time with Him. In general I think it is helpful to first focus on God, but there are times we are so conflicted we need to deal other stuff first. Do what helps you the most.

Cast your cares/ anxiety upon Him. This is a process of removing the clutter that can keep us from hearing from the Lord. I would start with things that are weighing on your heart I find journaling helpful. Don’t rush this time, often we are not aware of things that are bothering us until we slow down. It may be helpful to think back over the past week (few days) and think about the things that bothered/ upset you, things you worried about. Give them to Lord. Get them out into light. He knows they are there anyway, talking to him about them removes them from being a barrier.

Close with a time of thanksgiving for his forgiveness, his goodness.

Downloading

This is less about what we do and more about what we don’t do. We are trying to create space and be still before the Lord. Our temptation will be to fill up the time with prayer or reading the Word. These are important elements, but they should be a response to God’s prompting.

If you are able start with a blank slate and just ask God what he would like to speak to you about. Don’t be afraid of some silence. If He brings a passage of scripture to mind go there to see what He may want to say.

This may be a time to come back to some of the things you “uploaded”. Lord what do you want to say to me about _____ (a particular problem/concern)? Or, you could take a more systematic approach, “Lord what do you want to say to me about _____ (think through areas of responsibility, key relationships, areas of your life).

This can also be a time to **look back** on your past year

What were significant events/ life changes/ disappointments/ victories/ etc. Where do you see the hand of God at work in these areas? What common themes do you see? How was God at work in your life?

Look Forward Ask God what He wants to say to you about the new year? What may He want you to trust Him for? Is there a key word He brings to your mind?

What take away do you have from your time with God. Try to be as specific as possible. Are there things He wants you to trust Him for, ways He is prompting you to step out in faith, changes He wants to make in your life?

What first steps might you take? Who can help you?