

# Essential Time Alone With Our Creator God

One of the amazing truths revealed in God's Word, the Christian Bible, is that the Creator God desires to fellowship with each of us individually.

## God is seeking our fellowship

The Creator God wants us to come to know Him in a very personal and intimate way so that He can share His love for us.

**Genesis 2:19-20** [NIV] *“Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found.”*

The relationship between the Creator God and the first human being, Adam, was personal and close, until the sin of rebellion reared its ugly head.

**Genesis 3:23-24** [NIV] *“So the LORD God banished him from the Garden of Eden to work the ground from which he had been taken. After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.”*

Ever since that sad day when sin severed that relationship, God has developed through Jesus Christ our Saviour a way back into that close and intimate relationship.

**Hebrews 10:19-22** [NIV] *“Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.”*

With sin being dealt with by the sacrifice of Jesus Christ, God invites and welcomes us to draw near to Him.

## What should be our response to this invitation?

**Psalms 27:8** [Amplified Bible] *“You [God] have said, seek you My face, inquire for and require My presence [as your vital need]. My heart says to you, your face [your presence], Lord will I seek, inquire for and require [of necessity and on the authority of Your Word].”*

God desires that we meet with Him at a special time and speak with Him face to face.

**Psalms 5:3** [Amplified Bible] *“In the morning you hear my voice, O Lord, in the morning I prepare [a prayer] for you, and watch and wait for you to speak to my heart.”*

In the Old Testament is recorded examples of godly people who heard God's invitation to come and made time to meet with Him regularly.

**Daniel 6:10** [NIV] *“Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened towards Jerusalem. **Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.**”*

Daniel met with God three times a day.

The record of history shows that men and women whom God used greatly were people who spent time alone with Him each day.

**Mark 1:35** [NIV] *“**Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.**”*

Jesus the Son of Man took time to be alone with His Father.

Jesus chose places where He could talk with His Father alone, without interruption.

Jesus needed time with His Father to renew His spiritual strength and to know His Father’s will for each day, how much more do we!!

**Matthew 6:6** [NIV] *“**But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.**”*

From Jesus’ example and His teaching we are shown that as His disciples we need to make time each day to be alone with our Heavenly Father in a quiet place.

## **How should we use this essential quiet time?**

It is best to make a fixed time and place where we meet with God each day.

Choose a place away from the noises and other people.

In this “*quiet place*” I am surrounded by Bible translations and Bible reference books, that have been produced by people who have spent their whole lifetime seeking God’s presence.

## **Follow a regular pattern**

### **Wait**

**Psalms 46:10** [NIV] *“**Be still and know that I am God...**”*

Make sure to allow enough time to quieten our heart and be still and unhurried in God’s presence.

### **Confess and make contact**

**1 John 1:9** [NIV] *“**If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**”*

**Make sure that no unconfessed sins put a barrier between us and our Heavenly Father.**

**Romans 4:21-24** [NIV] *“**being fully persuaded that God had power to do what he had promised. This is why “it was credited to him as righteousness.” The words “it was credited to him” were written not for him alone, but also for us, to whom God will credit righteousness, for us who believe in him who raised Jesus our Lord from the dead.**”*

Ask for in faith, Christ’s righteousness to be credited to us as it was to Abraham.

We can now ask for the presence of the Holy Spirit.

**Luke 11:13** [NIV] *“If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven **give the Holy Spirit to those who ask him!**”*

The promised presence of God in our “quiet place”.

### **Worship**

Take time to think about who God is, His greatness, His glory, His majesty and His great love for all humanity.

Offer to God first an offering of praise and thanksgiving.

**Psalms 103:1-5** [NIV] *“**Praise the LORD**, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, **and forget not all his benefits**, who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”*

King David reminds us of some of the many things we can thank God for.

Express our appreciation for all God has done for us personally.

Thank God for the things we so often take for granted, our eyesight, hearing, touch, taste, speech and mobility. Thank God for the human spirit in us that gives us intellect and through which we can have a relationship with Him, [**Job 32:8; Proverbs 20:27; 1 Corinthians 2:11**].

### **Read**

Next let God speak to us from His Word, the Christian Bible.

Follow a reading plan rather than just opening up to any place in The Bible each day.

As we start to read an epistle or a letter in the New Testament, consider to whom it was specifically written. For example, Hebrews was written especially for Jews who had become Christians.

### **Meditate on what we have read**

Ask *“Is there a new truth to learn?”*

*“A warning to heed?”*

*“An example to follow?”*

*“A principle to apply?”*

Then write down our thoughts in a notebook.

Writing helps our thoughts to come clear, and gives us a record of what God has said to us.

### **Listen**

God may want to say something to us through the reading of His Word.

God may want to put His thoughts into our mind.

Allow some time to be still and quiet to listen to His inner voice speaking to us.

## Pray

Use our own words, prompted by what we have just been studying.

Take the thoughts God has given us from our Bible study and pray them back to God, not forgetting to thank Him.

**Colossians 2:6-7** [NIV] *“So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and **overflowing with thankfulness.**”*

We can never thank God enough for His many blessings.

**Philippians 4:11** [NIV] *“I am not saying this because I am in need, for I have learned to **be content whatever the circumstances.**”*

Whatever may be happening in our lives there is always many things we can thank God for. Such an attitude of thankfulness leads to contentment and peace of mind.

## Abide and obey

As we rise from our time with God, seek to obey what He has told us to do.

Realise that His presence will now be with us all day long.

**Job 7:17-19** [NIV] *“What is man that you make so much of him, that you give him so much attention, that you **examine him every morning and test him every moment?** Will you never look away from me, or let me alone even for an instant?”*

This constant presence of our Creator God means we can talk to Him at any time of our day, praising Him for the wonder of His creation, thanking Him for each blessing or test that comes to us.

We need to cultivate an atmosphere of prayer every day and all day, from the moment we wake up until we relax in sleep.

**Psalms 139:1-12** [NIV] *“**O LORD, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O LORD. You hem me in, behind and before; you have laid your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.**”*

It is a wonderful thing to know that God is always present in our lives if we accept His invitation to become His disciple and child.

**God is the most important person in our life, so we need to give Him first place in our day.**

As we do this we will grow in our relationship with Him, and that is the most important relationship we can ever have.