



Spending Time Alone with God

Message Notes, February 2, 2020

Mark 6:30-32

Following the disciples “missionary travels” (Matthew 9:35-10:1), Mark captures the account of their return. They are excited and eager to report to Jesus all they have seen & done. They are also most assuredly tired - - that strange blend of adrenaline, excitement, and exhaustion. And there are a crowd of people surrounding them such “that they did not even have a chance to eat”! (Mark 6:30-31)

- Jesus sees their need to get away. He says to them . . . **“Come with me, by yourselves, to a quiet place, and get some rest.”**
 - Here we have a simple call to the rhythm of spending time alone with God. People have different names for this regular habit: meditation time, devotional time, quiet time... all representing the spiritual discipline of a regular (ideally DAILY) time to be with God in quiet - to worship Him, talk with Him, listen to Him, enjoy His presence.
 - This is not a legalistic requirement. It is not a DEMAND of God. It is a joyful invitation to nurture our relationship with God. A tangible way we can “abide in Jesus” (John 15:5)

Nick interviewed 11 people who have known the Lord for many years to survey their own habit of spending time alone with God. Below are the dominant responses to the following questions:

1. What do you do in your alone time?

- * Asking God to meet me in the time. To speak to me and show Himself to me.
- * Releasing any burdens, pressures or distractions to Him.
- * Reading and meditating on scripture
- * Conversation with God in prayer - worship, thanks, confession, asking for myself, asking for others (intercession).
- * Often use other devotional readings or books
- * The goal is to BE with God. Not accomplish a checklist. These ideas are not a “how to” list; they are simply catalyst ideas to help you pursue God in your time with Him.

2. Have you heard God speak to you? How?

- * Few said they have heard God in an audible voice. They acknowledged different ways God has spoken to them: Through scripture. Through other people. Through circumstances. Through nature. Through quiet inner thoughts.
- * God's words to them are often confirmed by scripture and are never contrary to scripture.
- * As in any relationship, the more we spend time with God, the more we come to know His voice (and His heart, and His will).

3. Any suggestions for spending alone time with God?

- * Get alone
- * Have a set place (this will invariably become a sacred space for you)
- * Try to cultivate a set time (make it like an appointment)
- * Develop this time as a daily habit.
- * There was a sheet handed out with other creative ideas and tips. If you didn't get one, you can contact the church and we will get one to you.