

Time Alone With God: The 6 P's

One of the great privileges of knowing Jesus Christ as Lord and Savior is the being able to enter directly into the presence of God Himself. The 6 P's are some elements you may want to consider incorporating into your time with God. Don't feel pressure to do all these...the goal is meeting with the Living God and that can vary from person to person.



PLACE

You may want to consider having a special place set aside for your daily time with God. It can be somewhere in your home or at your work or in your backyard. Whatever is most conducive to quieting yourself and focusing on God. Also, the time of day isn't important. Choose a time that best fits you and your schedule. (Matthew 6:6; Mark 1:35)



POCKETS

Before doing anything, take a few moments to unburden your heart and mind. "Empty your pockets" of concerns and confessions. We're told in 1 Peter 5:7 to "cast all your anxiety on Him because He cares for you." You may want to write down things you're weighed down by and give them to God. Also, confess any known sin to God so they don't block your hearing. (1 Peter 5:7; 1 John 1:9)



PRAISE

Once you've unburdened yourself of concerns and confessions, take time to recognize who you're meeting with – the King of the Universe! Adore God, sing to Him, thank Him, humble yourself physically before Him. All of these and other acts are ways to posture our hearts and minds to hear God with humility. (1 Chronicles 29:11-13; Revelation 4:9-11)



PRAYER

Prayer is a two-way conversation between you and the Living God. God speaks to us through His Word and the Holy Spirit. We speak to Him in prayer. Open up the Bible and read it for what it is: God's perfect and authoritative Word. Look for a **SPECK** in your reading. One of the following: a **Sin** to avoid, a **Promise** to claim, an **Example** to follow, a **Command** to obey, or **Knowledge** to retain. Take time praying specifically about this SPECK to apply it to your heart. (Psalm 1:1-3; Revelation 3:20)



PAUSE

After you've read the Bible, take two or three minutes, to let God speak to your heart. Sit quietly, focus on the presence of the Living God, and listen to the Holy Spirit's voice. Be open to receiving a word, a picture, a phrase, a verse, a song, whatever God might want to communicate to you. Don't limit God's interaction with you. (Psalm 46:10; Isaiah 50:4)



PRACTICE

Finally, remember that your time with God is not meant to simply be a few minutes in the morning. Take whatever He's shown you into your day and live it out. The ultimate form of worship is obedience. Seek to walk in the light of God's presence and Word throughout the rest of your day. (John 14:21,23; Galatians 5:16-26)

P.R.A.I.S.E. Acronym

The following is an acronym developed by Pastor Jack Hayford that helps worshippers to prepare their hearts to encounter the Living God. It is not magic – it is just a tool that helps the worshipper to heed the admonition we find in Ecclesiastes 5:1-2.7 about

approaching God: *"Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few...Much dreaming and many words are meaningless. Therefore fear God."*

May you enter into the fullness of joy that is found in the holy and personal presence of your Abba Father, Almighty God as you use this tool.

P: Present Yourself to God

(I Samuel 3:4) - You are meeting with the LIVING God. Present yourself to Him like you would to someone you greatly respect.

R: Raise Your Hands

(I Timothy 2:8) - God is God and you are not! Take a physical posture that emphasizes this truth (kneeling, bowing head, lay prostrate, raising your hands, etc...)

A: Adore Him

(Psalm 145:3) - Affirm God's greatness. Praise Him for who He is, what He has done, and for His supremacy over all creation

I: Invite His Presence

(Revelation 3:20) - Again, you are meeting with a person- the Living God. Consciously invite Him to meet personally with you.

S: Sing to Him

(I Cor. 14:15) - It is our duty and privilege to sing to the Lord. He wants us to sing with our spirit and our minds, engaged emotionally and mentally. He is looking for those who would worship Him in Spirit and in truth. Singing engages our spirits in a way that Bible reading alone doesn't do. Sing to Him, but also meditate on what you are singing.

E: Expect Him To Respond

(James 4:8) - "Come near to God and He will draw near to you." Believe it. God promises to respond to our initiative. However, it must be wholehearted and not just out of duty. Forget about your day and burdens. Focus on Him and He will respond in His way and in His time!