

Adapted from an Article by
Jennifer Abegg



spiritual practice of time alone with God

MAKE TIME FOR TIME ALONE WITH GOD

When we want to deepen our connection with our spouse, a best friend, or our child, we intentionally create rhythms of time spent together daily, weekly, and on special occasions like anniversaries and birthdays. In the same way, deepening our relationship with God is impossible unless we spend intentional time with God.

Creating space in our schedule for time spent with God can be difficult if our time is filled with caring for others, children, or a spouse. Our time can also be constricted due to our work schedule or our passions and aspirations. Or maybe we feel that we have too much time on our hands and we crave more connection. The emphasis on being alone with God may stir feelings of loneliness and isolation. Loneliness can be felt whether we are constantly surrounded by others or find ourselves living alone. Loneliness can be a sensation that reminds us that we need to be known, that we need to be loved, and that we need to be with God.

"We can cultivate an inner solitude and silence that sets us free from loneliness and fear," wrote Richard J. Foster in *Celebration of Discipline*.

Jesus regularly retreated away from the crowds and his most trusted friends to spend time alone with God. His relationship with God was the foundation of his life and this time spent together deepened and sustained that connection.

HOW TO PRACTICE

1. Chose a time with God.

Consider your schedule. If you are beginning to integrate daily time with God into your routine, take it one week at a time and consider starting with 30 minutes a day. Where in your routine can you make space to be alone with God?

2. Pick a place with God.

Determine a spot to meet with God. Consider creating a special space in your home that is reserved for your time with God. You could keep your Bible and journal near a comfy chair. Perhaps you have a favorite coffee shop. Integrate your time with God with your daily habit of picking up coffee each morning before work. Consider your bedtime routine. How could you make space to be with God as you ease yourself towards sleep each night?

3. Consider content with God.

Our time with God is designed to be directed by the Holy Spirit. You might find that it is difficult to discern God's voice as you first begin this rhythm. As you grow closer to someone, you learn to know their desires and you deepen your understanding of them. The same will occur as we spend more time with God.

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If you already have an established daily rhythm with God, consider asking God how you might incorporate a new practice or create space for new conversations together.

There are countless resources and practices that can help direct your whole self towards God. What follows is a brief list and is not intended to restrict you and God.

Resources that can serve you during your time alone with God...

Scripture (Consider Listening to an Audio Reading of the Bible)

Lectio365 App or a Guided Reading of Scripture (Available on YouTube)

Praying in Color

Art Supplies

Journal

Finger Labyrinth

Books about God (Check Out our Resource Table or the Church Library)

Music

Movement (Dance, Stretch, Walk)

PRACTICE CHECK IN

July 12th and 26th

Each month, we will have two opportunities for you to check in with our community and share about your experience engaging the spiritual practice for the month. On these days, share on social using #pursuelife or scan the QR Code to upload a picture and reflections that we can share through our social media, email and in conversation with one another!

