

Help Sheet
for
Extended Time Alone with God

1. Schedule an appointment with God and keep it

- a. Saturday or Sunday are usually the most available days.
- b. Plan out the days you would like to have extended time with God for the quarter or year and put it on your calendar (plan with your spouse if married so you can take turns watching children).
- c. Expect a spiritual battle from the evil one and scheduling conflicts to come up as you approach your appointment with God.

2. Find a Quiet Place (Matthew 6:6)

- Find a room in your house where its quiet and where you are away from the family. It needs to be a room free of distractions. If you use a desk, clear away distractions of paperwork.
- Help your family plan an outing without you so that you can have your home to yourself.
- Possibly ask friends if you can use their house if they are out of town.
- Rent a cabin or room in a motel.
- Hike or bike to a place where you will not find any people.
- Restaurant booth or library can work if you don't plan to pray or sing out loud.
- Park your car in a lonely cemetery (sure helps to keep eternity on your mind).
- Be creative!

3. Possible Aids for your Extended Time Alone with God

- Bible (may want to bring more than one version)
- Hymnal or Worship Songbook
- Journal or notebook
- Other Bible aids depending on how much Bible study you want to do (ie. concordance, Bible dictionary, etc.)
- Calendar and current weekly schedule.
- Christian book that you have wanted to read or study
- Christian biography
- Other supplies that you need to plan and get God's direction on, ie. goal sheets, budget sheets, planning sheets, church handouts, etc.

4. Possible Activities for your Time

Time

Activity

- _____ **Fasting** (partially or completely abstaining from food for the purpose of seeking God)
Matt. 6:16-18 (When you fast, not if)
- many examples in scripture: 2 Sam 12:16-23, 2 Chron. 20:3, Esther 4:16, Neh. 1:4, 9:1, Matt. 4:2, Acts 13:1-3
- enhances your spiritual sensitivity
- can eliminate the need for spending time on food preparation and eating
- _____ **Singing**
- _____ **Prayer**
- a. **Confession (humble yourself before God)**
 - b. **Praise and Thanksgiving**
 - c. **Intercession (pray for others)**
 - family, relatives, friends, neighbors, and associates
 - church, pastors, missionaries, church ministries and activities
 - government leaders, employer, city, country, and world
 - d. **Pray for yourself**
- _____ **Read and Study the Bible**
- _____ **Meditate on things the Lord is speaking to you on**
- _____ **Memorize a verse or passage**
- _____ **Record thoughts in notebook or journal**
- _____ **Read Christian book or biography**
- _____ **Rest or take a small nap if you get tired** (in Israel, a whole day, the Sabbath, was for rest and worship) This time should be refreshing and allow for a sense of leisure.
- _____ **Work on goals, planning, and/or schedule for the next year, quarter, or month**
- _____ **Other** _____
- _____ **Other** _____