

HOW TO SPEND A DAY WITH THE LORD

By Katherine J Kehler

Usually our days are filled with the demands of life crying for our attention; that's why we need to plan personal retreat time to be with the Lord - four, eight, or twelve hours with nothing on our agenda except to bask in his love, to thank and worship him, to listen to him, to intercede for others, to lay your life and activities before him and let him give directions.

The Bible promises us in James 4:8, "*Come near to God and he will come near to you.*" He is waiting for you!

Don't rush. The objective is to spend relaxed, uninterrupted time with God, not to go through a format. These are mere guidelines. Let God be your guide.

Preparation

- Find a place where you can be alone and free from distractions.
- Bring your Bible, a notebook and pen, and worship music.

Thanksgiving

Begin with thanksgiving. *Psalm 100:4* tells us, "*Enter into His gates with thanksgiving and His courts with praise.*"

- Thank him for his patience and forgiveness.
- Thank him for the privilege of coming into his presence.
- Thank him for what he has done in and through your life in the last year.

Take time to list what God has done for you. Be specific. Think through every area of your life.

Confession

Ask God to search your heart. *Psalm 139: 23-24*

- Confess any sins the Holy Spirit reveals. *Psalm 19:12*
- Remember the certainty of forgiveness. *1 John 1:9*
- Make certain you are walking and praying in the Spirit. *Ephesians 5:15-20*

Praise

Become still before the Lord. *Psalm 46:10*

- Consider who God is. *Psalm 103*
- Praise Him for his attributes. *Psalm 145*
- Rejoice in your fellowship with him and that he delights in you. *Proverbs 15:8*
- Read passages of Scripture and pray them back to God. *Psalms 146 - 150*
- Sing to the Lord.

Intercession

Pray your way around the world with unhurried, detailed intercession for others. Ask God to reveal the world to you from his point of view as you read *Psalm 33*.

- Begin with your non-Christians, friends, relatives, neighbours and others the Lord puts on your heart.
- Pray that the people who have never heard about Jesus would have an opportunity to hear and understand the gospel. *2 Peter 3:9*
- Pray for those in authority - federal/national, provincial/state and municipal/county government leaders. *1 Timothy 2:1,2*
- Pray for Christians, using Paul's prayers in *Philippians 1:9-11, Colossians 1:9-12, Ephesians 1:16-19*.

"By intercessory prayer we can hold off Satan from other lives and give the Holy Ghost a chance with them. No wonder Jesus put such tremendous emphasis on prayer!" - Oswald Chambers

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Personal Life Evaluation

- Ask for understanding as you read an entire book of the Bible. Record insights God gives you.
- Ask God what he thinks of your life. Wait. Listen for his answer.
- Evaluate the use of the time, talent, treasure, education and experience God has entrusted to you. Are they glorifying to God? Do you need to change what you are doing?
- Discuss with the Lord your joys, your sorrows and decisions you are facing. Find promises and directives in the Bible which you can record.

Concluding Your Day With God

- Praise and thank God for the fellowship you had today.
- Schedule the next "Day with the Lord" in your appointment book.
- Share with someone about your day.

~ Katherine Kehler is the founder of Christian Women Today, and Women Today Magazine. She has four children and eight grandchildren. Recently she published her first book, Women Today Online: A Dream Come True.

