

Stand by Your God

Scripture Reading: Psalm 116: 1 - 2:

Key Verse: Psalm 116:2b; 'I will call on Him as long as I live.'

Consider the fruit that comes from spending time with your heavenly Father. In Galatians 5, Paul writes that “the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self - control” (verses 22-23). Think about each item in that list. Which of us doesn't need a touch of God's love, patience, kindness, goodness, gentleness, and self - control in our life? Those are the things—as well as guidance, wisdom, hope, and a deeper knowledge of Him—that He wants to give to us as His children.

“But,” you say, “who has the time? My ‘To Do’ list is always longer than my day. I run from the time the alarm goes off in the morning until I fall into bed at night. How can I possibly find time to do one more thing? When could I find even a few minutes to read the Bible or pray?”

I answer your questions with a question: Are you doing what's *important* in your day—or only what is *urgent*?

People do what they want to do. All of us make choices, and when we don't make time for God in our day, when we don't make time for the most important relationship in our life, we are probably not making the best choices.

God greatly desires to spend time alone with you. After all, you are His child (John 1:12; Galatians 3:26). He created you, He loves you, and He gave His only Son for your salvation. Your heavenly Father wants to know you, and He wants you to know Him. The Creator of the universe wants to meet with you alone daily. How can you say no to such an opportunity?

So make it your priority to spend time with God daily. There's not a single right time or one correct place. The only requirement for a right time with God is your willing heart. Your meeting time with God will vary according to the season of your life and the schedules you are juggling. Jesus often slipped away to be alone in prayer (Luke 5:16), but even His prayer times varied. He prayed in the morning and late at night, on a hill and in the upper room (Mark 1:35; Luke 22:41 - 45; Matthew 14:23; John 17).

I know people who spend hours commuting on the California freeways who use that time to be with God. I used to get up earlier than the rest of the family for a quiet time of reading the Scripture and praying. Now that the children are raised and the home is quiet, I find morning is still best for me, before the telephone starts to ring or I get involved in the day's schedule. And maybe I'm one of the oddballs, but I love getting to church early and having 10 or 15 minutes to open my Bible and think upon God's thoughts. Despite the distracting talk that is often going on around me, I use this block of time to prepare my heart for worship. (In fact, I believe if more members of the congregation devoted time to reading Scripture and praying for the service before the service, church would be more meaningful for every worshipper).

Again, the times and places where we meet God will vary, but the fact that we meet alone with God each day should be a constant in our life. After all, God has made it clear that He is interested in us who are His children (1 Peter 5:7).

What should you do in your time alone with God? After you've read and meditated on God's Word for a while, spend some time with Him in prayer. Talk to Him as you would to your earthly parent or a special friend who loves you, desires the best for you, and wants to help you in every way possible.

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A Constant Adventure

An adventure,
That's what I am
Since I met Christ!
He sends me forth, embarking
On roads I'd not traveled
Except to herald Him!
First of all,
The road marked Repent
Led me to the land of Love,
And into the vast highway of Joy!

Along those treks
I fell into the dark passages
Of Pain and Sorrow
That only reveal to me more
Of Him, exposing His track of agony along
The narrow, winding "Way of Grief,"
The Via Dolorosa:
A risk He took for me;
His sacrifice for me!

And I return, retracing daily
My pleasant paths of
Repent, Love, and Joy.
Oh, yes, an adventurer I,
To give Him honor, glory, and praise,
A constant adventure!

By Betty Kossick,
Record article pg 28; November 8, 2008.



PRAYER MINISTRIES

South Pacific Division of the Seventh-Day Adventist Church

Resources on offer

Christian Meditation Brochure

How to meditate on the Word, on God, on Scripture,
On the Testimonies

Email Prayer Chain

Be part of the Tuesday email connection with
Prayer requests

Open Doors

A global ministry that responds to the needs of persecuted
Christians in 45 nations

Prayer for Schools booklet

Guidelines on how to begin a Prayer ministry for your school

Prayer Journal

Prayer journal for adults, for children

Prayer Pack (\$5.00)

For suggestions, how to start, resources

Uplink

Quarterly newsletter with suggestions, stories, inspiration

For more information or details on any of the above items, please
send your name and address by email to :

ernajohnson@adventist.org.au

or malbert@adventist.org.au



Power of Prayer

I got up early one morning and rushed into the day;
I had so much to accomplish that I didn't have time to pray.

Problems just tumbled about me, and heavier
came each task.

"Why doesn't God help me?" I wondered. He answered,
"You didn't ask."

I wanted to see joy and beauty, but the day
toiled on, gray and bleak;
I wondered why God didn't show me. He said,
"But you didn't seek."

I tried to come into God's presence; I used all
my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."

I woke up early this morning, and paused
before entering the day;
I had so much to accomplish
that I had to take time to pray.

- 15 Minutes Alone with God
Emilie Barnes



Making the MOST of the Moment

Nothing valuable can be lost by taking time.
Abraham Lincoln



Simplify your life by making the best use of your time. You can accomplish this by becoming more organised, procrastinating less, or planning ahead. But there's another way to make the most of your time that has nothing to do with becoming more efficient. It has to do with slowing down the pace of your life.

Imagine two people who have each won a yearlong trip around the world. One of them decides to cram in as many cities as possible. He spends the night in 365 different locations, flying out each morning to a new locale. The second chooses the top twelve countries she's always wanted to visit. She spends a month exploring each country by car, train, and ferry, choosing to spend more or less time at each location according to her interests. Which person do you feel has made the most of his or her time?

The answer is not black-and-white. However, chances are that the woman with the slower itinerary will remember more about individual destinations, will have started relationships along the way, and will return more physically and mentally refreshed than the fellow on the whirlwind tour.

When Jesus promised you an abundant life, He meant that each day of your life would be filled more completely with what mattered—love, joy, and peace. When life speeds up, and every moment is filled with tasks demanding to be accomplished before bedtime, it is easy to miss what God has set aside for you to enjoy along the way.

Each new day is a once-in-a-lifetime experience. Slowing down to savor the little things—a blazing sunset, a chance meeting with a friend, a kiss on the cheek from someone you love—will help you make every moment count toward a more abundant life.

One final thought

The abundant life and the simple life are synonymous when each moment is filled with only God's best.

Simple Living for you: Book

Stand by Your God

continued from page 1 ...

Are you wondering what to talk to God about when you pray? Here are a few suggestions:

- *Praise* God for who He is, the Creator and Sustainer of the whole universe who is interested in each of us who are in His family (Psalm 150; Matthew 10:30) *
- *Thank* God for all He has done for you...for all He is doing for you...and for all that He will do for you in the future (Philippians 4:6)
- *Confess* your sins. Tell God about the things you have done and said and thought for which you are sorry. He tells us in 1 John 1:9 that He is "faithful and righteous to forgive us our sins".
- *Pray* for your family...and for friends or neighbours who have needs, physical or spiritual. Ask God to work in the heart of someone you hope will come to know Jesus as Saviour. Pray for our government officials, for your minister and church officers, for missionaries and other Christian servants (Phillipians 2:4) *
- *Pray*, too, for yourself. Ask for guidance for the day ahead. Ask God to help you do His will...and ask Him to arrange opportunities to serve Him throughout the day (Phillipians 4:6). *

Time with your heavenly Father is never wasted. If you spend time alone with Him in the evening, you'll go to sleep relaxed, resting in His care and ready for a new day to serve Him.

Remember, too, that you can talk to Him anytime, anywhere—in school, at work, on the freeway, at home—about anything. You don't have to make an appointment to ask Him for something you need or to thank Him for something you have received from Him. God is interested in everything that happens to you. *

* * *
Father God, may I never forget to call on You in every situation. I want to call on You every day of my life and bring before You my adoration, confession, thanksgiving, and supplication. Thank You for being within the sound of my voice and only a thought's distance away. Amen.

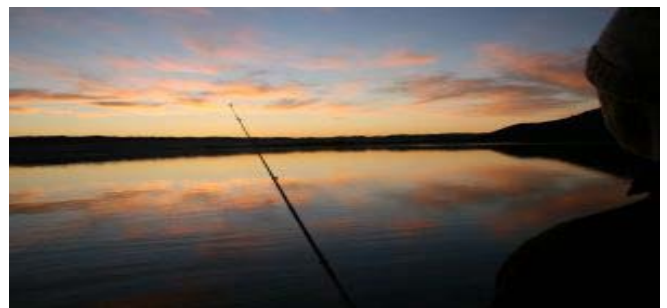
Thoughts for action

- If you are not already spending time with God each day, decide today that you will give it a try for one month.
- Tell someone of your commitment and ask him or her to hold you accountable for that discipline. *

Additional Scripture Reading:

Galatians 5: 22, 23	Galatians 3:26	*
John 1:12	Luke 5:16	
Matthew 14:23	1 Peter 5:7	

* * *
15 Minutes Alone with God, pgs 7-10
by Emilie Barnes *



Something to remember:

This is God. Today I will be handling ALL of your problems for you. I don't need your help, so have a great day.
I love you.

P.S. And, remember...

If life happens to deliver a situation to you that you cannot handle, don't attempt to resolve it yourself! Kindly put it in the SFGTD (something for God to do) box. I will get to it in MY TIME. All situations will be resolved, but in My time, not yours.

Once the matter is placed into the box, don't hold onto it by worrying about it. Instead, focus on all the wonderful things that are present in your life now.

My Prayer

A reader shares his desire to be used by God.

May my life be a light unto others, O Lord.
That I might be a candle along thy path is my prayer.

In my darkness of my night may I shine brightest, Making the road a safer place for those upon it. Through the thunder and clouds may I be a haven of warmth. As a ship needs a lighthouse, A traveler, his compass, To make clear the way, O Lord, I need You.
My light is fueled by Your love,
My safety rests in Your hands.
Always keep my light,
Through small as a candle, Burning bright like a fire for You.



—By Adam C. Newbold, 18,
Record article; December 13, 2008



PRAYER CALENDAR 2009

March 6 World Day of Prayer
March 7 International Day of Prayer - SDA

Little THOUGHTS...

'So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.'

* For you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands.
Isaiah 55: 11 & 12 (NLT)

'At that time the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven?" He called a little child and had him stand among them. And He said: "I tell you the truth, unless you change and become like little children,



you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.'

Matthew 18: 1-4 (NIV)



'Dear Jesus, I feel all alone...please be with me. I hope You will. Lord I just read Hebrews 13:5! You promised that You will never leave us! I have **faith** You are with me right now even though I can't see You! Love Levi.'

*Pray Magazine:
Seven year old
- Levi's prayer.*

Pray on the Way

Recently my wife and I had major car trouble, so I rode my bike to work a few days a week in order for her to have our other car during the day. I decided to use the 30-minute ride time each way to pray—and I discovered that I love it!

On my way to work I pray about the responsibilities I face that day and prepare myself for them spiritually. I have found that time to be unhurried and peaceful. I use the ride home to pray for my family and get prepared to be the husband and father I need to be. Praying while I ride has given me some extra time to intercede for people and ministries for whom I normally do not find the time to pray.

—By Paul Covert, Mesa, Arizona

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