

Subject: *Meeting with God in the Morning*

Scripture: *Psalm 143:1-12*

I want to preach along very practical lines from Psalm 143, which is according to the superscription, a psalm of David. Life is full of meetings, and chances are you will have several meetings with people during an average day. Some meetings are more important than others. The time you meet with your boss or a team at work is important. The time you meet with your spouse or your children is an important meeting. But the most important meeting we have every day is our meeting with God in the morning.

I'm going to assume that some of you are in habit of meeting with God every morning. I'm also going to assume that some of you are not meeting with God every day and some of you may want to have such a meeting, but you're not sure exactly what you should do when you meet with God. For some this sermon will hopefully encourage you to keep on meeting with God. For some this will hopefully light a fire in you to start meeting with God. For some this will hopefully give you some steps to make your time with God rich and meaningful.

1. THE PURPOSE OF MEETING WITH GOD

Steven Lawson wrote: "More than any other portion of Scripture, the Book of Psalms has influenced the public worship and private devotions of God's people through the centuries, leading them to seek him more diligently, to love him more deeply, and to trust him more fully." I want us to look at verses 5 and 6 and then focus specifically on verses 8 and 10. In verses 5 and 6, David does three things:

A. David looks back ("I remember")

David remembered the good old days when God's blessing was upon his life. He thought back to what God had done for him and how He had been with him in all circumstances. He could sing, "Through many dangers, toils, and snares, I have already come; 'tis grace hath brought me safe thus far, and grace will lead me home."

B. David looks within ("I meditate... I muse")

To meditate is to mull something over and over again in your mind. To muse is to think or ponder. Compare our English words, "museum" (a place to observe and think) and "amusement" (something that diverts serious thought). We should stop and think about God's works like David did.

C. David looks up ("I stretch forth my hands unto thee")

David spread out his hands to God in desperate need as the dry ground opens itself to receive rain. He longed for God's blessings to fall on him.

Let's take a closer look at verses 8 and 10.

D. David's requests

Verse 8 is a good example of parallelism in Hebrew poetry and psalms. First, David asks God for His grace (loving-kindness) and second, he asks God for His guidance (to know the way wherein I should walk). Again in verse 10, David asks for God's guidance.

E. David's reasons

David trusts in God and he realizes his need ("I lift up my soul unto thee"). This the purpose of our meeting with God: to remember His works and all His blessings; to think and ponder deeply about His works; and to ask God for His grace and guidance because we trust Him and we need to lift our soul to Him. President Abraham Lincoln said, "I am convinced of my utter need to meet with God because I have nowhere else to go."

2. THE PRIORITY OF MEETING WITH GOD

David met with God in the morning. He made it a priority. We find David saying this:

Psalms 5:3 *My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.*

Psalms 63:1 *O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is.*

Abraham considered it a priority to meet with God.

Genesis 19:27 *And Abraham gat up early in the morning to the place where he stood before the LORD.*

Job met with God in the morning to intercede for his family.

Job 1:5 *And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, It may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually.*

In His days on earth, even Christ made it a priority to pray early in the morning.

Mark 1:35 *And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.*

In the Model Prayer that Jesus taught us, it is implied that we will pray first thing in morning.

Matthew 6:11 *Give us this day our daily bread.*

Meeting with God should be a desire, not a drudgery. God makes the promise in James 4, "Draw near to God and He will draw near to you." You are as close to God as you really want to be.

3. THE PRACTICE OF MEETING WITH GOD

Some of you may have a plan that works well, but some of you don't have a plan. This is not the only one, but it is one you can use.

A. Be prepared to meet with God

Be rested and get up in time. Go to bed early enough to get up early in the morning. Preparation begins the night before (just like Sunday).

Have a prepared time and place (a quiet, private place, with good lighting). The Bible teaches that we are always living in the presence of God (we can't escape His presence – Acts 17, "In Him we live and move and have our being"), but meeting with God in the morning is a special time to reserve just for you and God when you focus your attention on Him.

Have a table or desk to write, a note pad and pen, your Bible, reading guide, and prayer list.

B. Have a plan to guide your meeting

Keep it simple. First pray for God to help you understand the Scripture.

Psalm 119:18 *Open thou mine eyes, that I may behold wondrous things out of thy law.*

Read your Bible and have a systematic way to read, not random. Use the Daily Bible reading guide.

Spend time in prayer using the word "ACTS" as you guide:

A – Adoration – focus on God's glory

C – Confession – focus on God's grace

T – Thanksgiving – focus on God's goodness

S – Supplication (requests) – focus on God's guidance

C. Be consistent in meeting with God

We need discipline. If you can't meet with God first thing in the morning, then meet with Him later in the day, but find another time. Just don't neglect it or treat it as unimportant.

1 Timothy 4:8 *For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.*

Athletes understand the importance of discipline, but a lot of times Christians don't understand how important it is. Tom Landry, former coach of the Dallas Cowboys for almost 30 years said: "The job of a football coach is to make men do what they don't want to do in order to achieve what they've always wanted to be." I'm not a football coach and it is not my purpose to make you do what you don't want to do, but it is my job to help you do what you ought to do, and if you're a child of God you really want to do—and that is to know God better and to know His will for your life.

Some might say this sermon is a form of legalism. They would be right IF I were preaching this as a way of salvation. I'm preaching this to help those who are already saved so you will grow closer to God and honor Him with your Christian life. If you are not yet a Christian, here's what you need to know...