

## HOW TO GET AWAY WITH GOD

### Psalm 63

Everyone needs a periodic prolonged time of prayer with God. Summer is a good time to plan a half day or a day alone with God. Jesus **did** it: Mark 1:35-37; Matthew 14:23-25; Luke 5:15-16; 6:12-13; 9:28-9; 22:39

Jesus **taught** it: Matthew 6:16-18. Fasting is always for the purpose of prolonged prayer for some priority

So I challenge you to take some time this summer (vacation?) to get away with God and refresh your soul.

How do you spend such a time?

Suggestions from **Psalm 63**

3 introductory comments:

1. Personalize a psalm such as Psalm 63. Make it yours.
2. Journal: write out your thoughts and possibly your most focused prayers.
3. Get outside alone if at all possible. Alone is a must; outside is *highly* recommended to enhance praise.

### 6 Ps in Psalm 63:

1. Come to God as a **Person** (v1a): **my** God
2. Come with **Passion** (v1b): get in touch with your thirst and longings
3. See His **Power** and Love in the Gospel (v2-3)  
Begin by reading Scripture, not with your needs. Eyes off of yourself and onto Him.  
Perhaps pray Ephesians 3:14-21 about knowing His love and power, and then read about it in the first 3 chapters of Ephesians. See Christ in His perfect work for you, His infinite kindness and wisdom, and His delightful glory,
4. Turn your thoughts to out loud **Praise** (v3-5)

Go ahead—sing to Him! Lift up your hands! Shout!

Use a hymnal.

Notice His creation.

Meditate on the satisfaction He gives you.

Psalm 46:10a: be *still* (takes time to settle your mind and heart) and **know that I am God**.

5. Only now bring your **Problems** (v6-10) to Him. They may be problems coming against you as with David. Or they may be problems within you: struggles, sin, doubts that you need time to lay out before God.  
What Scriptures: promises, commands, examples are relevant to your situation? Search them, repent, and **CLING** (v8) to Him, aware of His holding you up.  
(Note: Hebrew word, “cling” is a word that means to stick like **glue** (eg. used of marriage: Gen 2:24; or crocodile scales: Job 41:17!)
6. Now back to end with **Praise** again (v11). This time the praise of faith that says “God has heard me. It is ok. I *will* rejoice by faith in Him.  
Review the lessons of the day and write them down.

There are other patterns for how to spend a day, or a few hours, in prayer with God. There is no rigid right pattern. But this is a good place to start.

I hope you feel now like you can't wait.

Parents trade off childcare while the other goes out. Solve the problems and pray about them.

So, when are you going to do it?

Schedule your day today, and keep it. I guarantee you will be glad you did.