

# ONE HOUR WITH GOD

*(PSALM 103)*

We learned on Sunday morning that *worship is taking time to interrupt preoccupation on self or things and delight in His presence*. Now tonight, we each have the opportunity to do just that. Don't waste it. Perhaps our church isn't meeting this Wednesday night so that we each have a chance to do what we said on 'bended knee' we would.

Tonight, we're asking you to spend one hour with God (the amount of time we're usually at church on Wednesday nights). The process is simple—read a Psalm, pray, reflect, listen, respond. But just because it's simple doesn't mean it's easy. Each of us has things to do. Sitting still is hard. Silence can be really, really uncomfortable. What we're calling you to do is drastically slower than the pace of this world, and that's what makes it hard. If you're lukewarm, these things will keep you from this chance to worship.

Don't be lukewarm. Don't miss out on a chance to meet with God this Wednesday night. Get out your Bible, find a quiet place (or as quiet of a place as you can), and let these prompts help you spend some time with Him tonight.

1) Read **Psalm 103** slowly and make its words your prayer. Don't feel like you need to know everything about it. Just read it with as much understanding as you have. If, as you're reading, you notice your mind drifting off to other thoughts, read it again. *(10 Minutes)*

- Ask God, "Is there something you want to say to me from this Psalm?"  
Take time to listen. *(5 Minutes)*

2) What stood out to you as you prayerfully read this Psalm? Return to those verses. If it will help you, mark keywords or phrases in your Bible, or take notes elsewhere. (*10 Minutes*)

- Ask God, "Why did you reveal these insights to me?" Take time to listen. (*5 Minutes*)

3) Reread the Psalm paying attention to what it reveals about God. Write these truths down. (*10 Minutes*)

- Look over your list and use each truth as a prompt for prayer. Thank God for each quality. If you struggle to believe one of these attributes, be honest with Him about that. It doesn't matter how you pray through your list; just pray honestly to God. (*5 Minutes*)

4) Reread the Psalm asking yourself, "How can I respond to or put into practice what I see here?" Write down these applications. (*10 Minutes*)

- Before you close your Bible and wrap up this time with God, ask Him, "How do you want me to obey You?" Take time to listen. After listening, do whatever He told you. (*5 Minutes*)