

Spending time with God

There are times when solitude is better than society, and silence is wiser than speech. We should be better Christians if we were more alone, waiting upon God, and gathering through meditation on His Word spiritual strength for labour in his service. We ought to muse upon the things of God, because we thus get the real nutriment out of them. . . . Why is it that some Christians, although they hear many sermons, make but slow advances in the divine life? Because they neglect their closets, and do not thoughtfully meditate on God's Word. They love the wheat, but they do not grind it; they would have the corn, but they will not go forth into the fields to gather it; the fruit hangs upon the tree, but they will not pluck it; the water flows at their feet, but they will not stoop to drink it. From such folly deliver us, O Lord. . . .

Charles H. Spurgeon

If you turn away your foot from [traveling unduly on] the Sabbath, from doing your own pleasure on My holy day, and call the Sabbath a [spiritual] delight, the holy day of the Lord honorable, and honor Him and it, not going your own way or seeking or finding your own pleasure or speaking with your own [idle] words, Then will you delight yourself in the Lord, and I will make you to ride on the high places of the earth, and I will feed you with the heritage [promised for you] of Jacob your father; for the mouth of the Lord has spoken it.

Isaiah 58:13-14 (AMP)

In the post-modern society of today time has become a precious commodity. In this age of consumerism most of our time is spent on gathering possessions, even things we don't really need, and on entertainment and recreation in order to survive the fast pace of life. Employers demand total commitment from employees, even working overtime on a regular basis. For the Christian not much time remains for the things of God and it has become a much bigger problem than when Spurgeon made the above comment during the nineteenth century.

Today the Christian 'Sabbath' has become the most important day of the week for shopping and recreation. Sunday sport has become the norm while shopping mall owners expect of their tenants to keep their shops open on Sundays. It has become a way of life to use the

'Sabbath' for selfish things. Today most churches see the fourth commandment as the one commandment that has become irrelevant. Keeping the Sabbath is seen as being legalistic, while it is also argued that each day of the week should be seen as a Sabbath. Needless to say adhering to this ideal today has become very difficult for most Christians due to demands made by careers, entertainment and recreational activities. Most people find it very hard indeed to break free from a consumerist lifestyle.

Seen in this light keeping the Sabbath today has become more important than any other time in history. Apart from attending church services Sundays should be honoured as the Lord's Day by meditating on the Word of God, seeking His face and waiting upon Him. The emphasis should be placed on what should be done on the Lord's Day and not on what should not be done. With such an approach it may indeed become a day of 'spiritual delight.' Once spending time with God on Sundays has become a habit it may also become easier to find time for this purpose during the rest of the week.

Another possibility for spending time with God may be to take a day's leave each month or each second month for this purpose specifically. Keep your monthly or bi-monthly appointment with God by planning beforehand. Find a place of solitude in nature where the beauty of God's creation will inspire you to worship Him.

If it is not possible to keep the Lord's Day or by making specific appointments with God due to the demands of your occupation more drastic steps may be necessary. You should seriously consider accepting a less demanding job with a lower income which will leave you with sufficient time to spend with God. The only sacrifice that may be required is to scale down on gathering commodities which you may not need in any case.