

²³ *After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, Matthew 14:23 NIV*

One of the most interesting things about Jesus earthly ministry is that he, even though he was the son of God, always took time to go by himself to pray. Out of all the gospels, Luke makes that point over and over again. This week in the gospel text from Matthew we are told that he “went up into the mountain to pray”.

So we need to ask ourselves: If Jesus took the time to do this, how much more should we? While the answer is an easy “yes”, the resulting action is much more difficult to execute.

For many of us, we work long hours, and spare time is hard to come by. For others of us, we live in an age that encourages us to do things; even sitting might be a time of either watching television or playing video games.

Spending time alone with God really forces us to be still, and quiet, something that could make today’s “muti-taskers” go a little bit crazy!

But if we take the time and set it aside, we will be amazed what a blessing it is. There really is no “right” or “wrong way” to do it; that is between you and God.

I have found my days to be far more productive, when I take the time to be alone with God.

Sarah Young, in a devotional book called “Jesus Calling”, series of day by day devotionals, which she images that God is speaking to her, puts it quite well on the devotional for August 2:

*“Bring me the sacrifice of your time: a precious commodity. In the action-addicted world, few of My children take time to sit quietly in My Presence. But for those who do, blessings flow like streams of living water. I, the One from whom all blessings flow, am also blessed by our time together. This is a deep mystery; do not try to fathom it. Instead, glorify me by delighting in Me. Enjoy me now and forever !”(**Jesus Calling ,Sarah Young, Thomas Nelson Publishing, copyright 2004, p 225**)*

If you don’t already take time for God, try it for a week, in whatever way suits your time and schedule. You will find that by doing that, your day will take on new meaning, and be blessed.

Pr. John Van Haneghan