

# Why spend time each day alone with God in prayer and in His word ?

When I do – and stick around long enough to make contact with Him:

- I am always restored to peace.
- I have more light and can see more clearly what's happening in my life.
- My heart gets filled up with love.
- It is so much easier to say sorry or to forgive others.
- My faith in God and His goodness is re-invigorated.
- I become interested again and want others to know Him.
- I'm less preoccupied with myself.

When I don't – because I let my schedule and a lot of little decisions as to how and with whom I spend my time, crowd God out.

- I seem less able to overcome the daily opportunities to give in to things like resentment, irritation, worry and pride.
- I feel a growing inner sense of guilt and condemnation (which I start to believe is coming from God rather than the accuser of the brethren).
- Because I secretly don't feel good about myself I find I tend to lash out at others more quickly.
- With a dark cloud over my soul I can't help seeing things and people increasingly in a negative light.
- I have a sense of being driven (not knowing by whom) to indulge my favorite appetites to make me feel better – but it really doesn't work I just get more deeply entrapped.
- Of course I have very valid justifications for all these things – but with reduced spiritual light I simply can't see that the world, my flesh and the devil are having increased influence over me and I'm less able to defend myself against them. And my desire for God diminishes.

**Therefore my people are gone into captivity because they have no knowledge ... their multitude are dried up with thirst. Isaiah 5:13**

**Where there is no (fresh) revelation of God (revealing Himself to me through His word by His Spirit) the people cast off restraint Prov. 29:18**