

Mini-Sabbath Experience: ABC's of Visiting with God

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My real name is "Bored Easily" Brazelton. I belong to the school of thought that "variety is the spice of life" and that there is no right or wrong way of spending time with God and getting to know Him. With one exception, as explained in "B" below, I love changing the location, style, content and order of my Quiet Time (AKA Mini-Sabbath Experience) because I have come to realize over the years that, for me, it greatly increases my ability to worship.

"A"... Alive With Ambiance: It may work for you to crawl into your unmade bed with instrumental music playing in the background while you glorify God, or you might prefer to lounge on the floor in front of your living room fireplace as you clear the day's busyness from your mind. You may decide to sit in a straight-back chair at your kitchen table, intently reading your daily devotional while nibbling on peanuts, or you might choose to take refuge in your favorite Lazy Boy recliner, meditating on a new-found Scripture verse. You may want to speak to God in your son or daughter's bedroom, thinking of requests and praise from your child or teen's point of view. You might even get excited about throwing a no-agenda, tea party for Jesus, actually setting out a china cup for Him. Never underestimate, either, the joy of having a cappuccino with Christ at a quiet sidewalk café or inviting Him to sit with you and watch the sun go down from the comfort of your bay window.

I've climbed the hill behind my home in the rain to declare my love for God's people; I've sat in a local park on a winter's day bundled up in blankets arguing with my Lord; and, I've gone to the beach to weep and journal. My all time favorite, prayerful conversations, though, have been on my patio while sipping ice cold tea, nestled on a well padded, swing chair engrossed in my Life Application Study Bible for hours on summer Sundays. Nothing has ever taken me deeper with the Lord than those particular unhurried, cherished times.

I draw the line at praying in the bathroom, although many women have told me that the "lavatory" is the only place they have the privacy to pray. So much for the Ambiance suggestion!

“B”... Based on the Bible: I disagree with letting our exercise time (jogging, swimming, biking, etc.) or our long commute to/from work be our only designated Quiet Time. I think “alone time” like that, which includes singing, talking to or listening to God is a perfect prelude to prayerfulness, but I feel that it short changes God when we squeeze Him into another activity that does not include reading His Word.

Those who have the Bible on tape/CD/DVD or those incredible spiritual giants, who have large portions of the Bible committed to memory, can, obviously, disregard this silly rule.

“C”... Conversational Content: I’ve been taught that it is a good idea to prepare my heart with praise and confession, so that gratitude and requests can come spilling out. I never dictate to myself, though, which of those four expressions has to “be handled” first or last, or whether one conversational element can overshadow the others on any given day. If I am humbled by the mighty power of God or burdened with sadness over my sinful behavior, I allow that feeling to pour out without restraint. Whether I’ve got my face to the floor beseeching God for a favor or am kneeling with my hands raised in joyful thanksgiving, I go with the reality of the moment, rather than with a set of “should's” and “supposed to's.”

Another common response to God, one that is not often mentioned in traditional prayer guides, is anger at God. For that emotionally charged human condition, I rely on a furious game of tetherball, me against Him. He’s a gracious opponent, and eventually, I calm down enough to take a walk with Him and hear His voice.

Those who believe that Quiet Time *must* begin with purifying one’s heart, so be it. I stand amazed at the inner beauty of the repentant sinner.

Bottom Line: What a privilege and joy to visit with our Creator and meditate on His Word --- whenever, wherever and however! May God greatly enrich your precious moments with Him.