

Your Daily Date

The Need for Personal Time with God

SCENARIO

The alarm clock was set to go off extra early and you only hit the snooze bar once before rolling out of bed. You go into the bathroom and splash some water onto your face to help wake yourself up a bit. You head out to the kitchen to make a nice, warm cup of tea that you can drink as you settle onto the comfy couch in the living room. As the water is heating, you run into the bedroom and gather all your necessary materials: Bible, journal and pen, and place them on the coffee table. The water is ready, your spot is ready, and you slowly slip into the corner of the sofa for a nice, peaceful, quiet time with the Lord.

Ah...you take your first, long sip of tea, drinking in the tranquility and peacefulness of the moment. And then...quietly but clearly, you hear the shuffling of little feet in the nearby hallway. “Hi, Mommy. What’s for breakfast?”...

OUR EXPERIENCE

During our years in the pastorate, we finally worked out a schedule that seemed to fit us well for the stage of life we were at. I came to realize that I needed about 1 - 1 1/2 hours in the morning to get

through all the things I wanted to accomplish for my personal well-being: devotions, exercise, a shower, and getting ready. That amount of time allowed me enough leeway so that I didn't feel rushed during any of those personal moments.

As a mother of four young children, I realized that once I walked out of my bedroom door, I was no longer just any person...I was mom. So, we worked it out where Max became the 'point person' for all household questions and events for the first hour and a half each morning. Obviously, there were plenty of exceptions to that rule (i.e. Max's Bible study at 6:00am once a month), but we knew that we had a guideline for our routine days.

As soon as we would wake up, Max headed out to the living room to begin his devotional time. (It amazed me that Dad could sit in the main room of the house and no one would bother him; whereas, if I were to try to do that...well, you *know* what would have happened!) I stayed in the bedroom and had my devotional time. I made sure, when we started this schedule, that all of my materials were on my nightstand so that I could grab all of them and plop them on the bed: Bible, devotional book, journal, and iPod. Once settled and ready, I was then able to have uninterrupted fellowship with Jesus. What an amazing blessing that was!

Next, I would sneak over to the office (I waited until the children were out of the hallway, and then I made a run for it!) and set up my exercise equipment: a mat, computer, and my exercise DVD. I had a few DVDs that I chose from, for variety. Each of them was about twenty minutes long. I usually averaged about four exercise sessions a week. The days I didn't exercise were usually the days when we realized the need for a change in that day's schedule or my communion with God was so intense that I sensed the need to stay focused solely on Him for a longer period.

After exercise, I showered and prepared myself for the day. That usually took 20-30 minutes, depending on the activities of the day. Once finished, Max was ready to head to work (he usually showered when the children were eating breakfast), and I was ready to go!

JUST REMEMBER...

Oh, the need for sweet communion with Jesus! This is the most important relationship in our lives, yet unfortunately, many times, it is the least prioritized in our day. Our other relationships (where we are wife, mom, daughter, sister, friend, neighbor, and pastor's wife) always seem to confront us even as we open our

eyes to a new day. May we be diligent in keeping our time of communion with God, for if we do, every other relationship will be healthier.