

Time alone with God

Opening text: Genesis 24:59-67

V.63 - "And Isaac went out to meditate in the evening"

We have here a glimpse into Isaac's relationship with God. There are 3 ingredients about his devotional life that I believe need to be rediscovered by many of us.

1. He stopped

Isaac was the prince of the house of the greatest of the patriarchs. He led a busy nomadic lifestyle because of all of his cattle and the need for fresh pastures. At the end of another busy day, he stopped. He ceased from all his activities. He came to Beer Lahai Roi", which means "the God who sees me".

He stopped to meet the God who saw Him, the God who sees us.

2. He separated himself

V.63 says that "*he went out*" – he went out from where he was and from who he was with (his staff, his family) into the field. He separated himself from the company of others and the voices of others to be with God and hear His voice alone.

Matthew Henry: "*Holy souls love retirement; it will do us good to be often alone, if rightly employed; and we are never less alone than when alone*".

Matthew 6:6 - *6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

God will reward us – maybe it is not a coincidence that Rebecca appeared to him at the time of prayer. **Hebrews 11:6** says that God rewards those who diligently seek Him!

3. He meditated

V.63 - *And Isaac went out to meditate in the field in the evening; and he lifted his eyes and looked, and there, the camels were coming.*

Biblical meditation is more and more a neglected spiritual discipline of western believers. This is an art we need to rediscover.

- a) Biblical meditation is not introspection; it is also not about being alone with yourself, but alone with God. It is not to seek 'nothingness' like in Eastern religions but seeking the 'fullness' that comes from God. Biblical meditation is not about emptying your mind but 'renewing' your mind with the thoughts of God.
- b) The word in Hebrew here is *lasuach*:

“to bend in body and mind. It is godly meditation or praying in deep thought before God” (Dake’s bible)

Unger’s dictionary: “A private devotional act, consisting of deliberate reflection upon some spiritual truth (...) accompanied by prayer and by acts of the affection and of the will. It should be deliberate, close and continuous.

Six benefits of biblical meditation:

1. Success

Joshua 1:7-9 - *7 Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. 8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. 9 Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”*

2. Wisdom in adverse circumstances

Psalms 119:97-99 - *Oh, how I love Your law! It is my meditation all the day. 98 You, through Your commandments, make me wiser than my enemies; for they are ever with me. 99 I have more understanding than all my teachers, for Your testimonies are my meditation.*

3. Peace in adversity

Psalms 4:4-8 - *4 Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah 5 Offer the sacrifices of righteousness, and put your trust in the Lord 6 There are many who say, “Who will show us any good?” Lord, lift up the light of Your countenance upon us. 7 You have put gladness in my heart, More than in the season that their grain and wine increased. 8 I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.*

4. Healing and health

Proverbs 4:20-23 - *My son, give attention to my words; Incline your ear to my sayings. 21 Do not let them depart from your eyes; Keep them in the midst of your heart; 22 For they are life to those who find them, and health to all their flesh. 23 Keep your heart with all diligence, for out of it spring the issues of life.*

Make meditation your medication!

5. Progress in your walk with God

1 Timothy 4:15 - *15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all.*

6. Increase your ability to hear from God

Acts 10:19 AMPC - *And while Peter was earnestly revolving the vision in his mind and meditating on it, the [Holy] Spirit said to him, Behold, three men are looking for you!*

Some concluding thoughts:

Acts 10:17 - *¹⁷ Now while Peter wondered within himself what this vision which he had seen meant, behold, the men who had been sent from Cornelius had made inquiry for Simon's house, and stood before the gate.*

Verse 19 - *While Peter thought about the vision, the Spirit said to him, "Behold, three men are seeking you"*

The problem is that so many of us do not take time to think anymore- yes think! To ponder, consider, reflect, to nurture our 'inner life'. The enemy highjacks our minds with busyness, distractions and pressures of all kind. Technology and gadgets haven't become the blessing we thought but a constant interruption and an assault on our senses.

God is calling us to rediscover what it is like to

- . Stand still in the presence of God
- . Separate ourselves and sit alone with God
- . Deliberately reflect, think, ponder upon God, His word and the things above