## Welcome to the Final Frontier 2001/ Space 1999.....

in so many ways this will be very much like all the other TFG weekends......but then it will also be very different!

The aim of this weekend is time alone with God.

Hopefully you will catch the vision for having a regular, daily, time alone with God.

We will be looking at how to do that, but also praying that God helps us to want to do that.

And then we will make a difference in our world!

## Here's the programme:

F	ri	d	a	٧

<u>Friday</u>			
	8:45pm	LIFT-OFF	Worship
	9:15pm	STAGE ONE	Introduction talk and activity
0			
<u>Saturday</u>	¥		
	8:30am	REFUELLING	Breakfast
	9:30am	INTO ORBIT	Worship
Silence!	10:00am	SPACE WALK	Introduction, Receiving signals,
Silerice!	10:45am	SPACE TALK	Communicators on.
	11:10am	REFUELLING	Tea/coffee
	11:30am	MAKING CONTA	ACT Responding to the
communic			
	1:00pm	REFUELLING	Lunch, then two hours off duty
	5:45pm	ANOTHER ORB	IT Worship
	6:30pm	REFUELLING	Dinner
	8:15pm	RELAUNCH	Worship
	•	BREAKING ORE	
<u>Sunday</u>			
	8:30am	REFUELLING	Breakfast
	9:30am	OUT OF THIS W	VORLD Worship
	10:00am	DOCKING	Making contactpresentations
(includes			

REFUELLING

1:00pm

2:00pm

tea/coffee break)

Lunch LANDING ...and bedrooms and hall and....cleaning!

## Hour you doing?

<u>The ideas</u> for this weekend started one summer holiday as I was reading the Gospels.

Let's stop there for a moment.
Where was I? On holiday. What was I doing? Reading the Bible.

WHY???

Because it is vital for life. Without it you die!

My first thought was to sigh that so many TFG members do not open their Bibles on their own, or do not listen to taped recordings of the Bible, or simply say "its too difficult to understand" and don't persevere. And then that so many regular members of TFG at school are no longer walking with God at all by the age of 20. Why? Because they relied on what they were being taught by others, their spiritual life centred on their fellowship with other Christians rather than their fellowship with Jesus.

The point of being a Christian is to enjoy being with Jesus.

As I was reading I came to Matthew 26. The *Last Supper* was over, the disciples followed Jesus outside the city and onto the Mount of Olives. And then I read:

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death.

· Stay here and keep watch with me."

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping.

- "Could you men not keep watch with me for one hour?" he asked Peter.
- "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing. Then he returned to the disciples and said to them,

• "Are you still sleeping and resting?

Look, the hour is near, and the Son of Man is betrayed into the hands of sinners. Rise, let us qo! Here comes my betrayer!" (Matthew 26:36 - 46)

You will note that I have highlighted several points from that passage. On the next page we look at them in order.



#### 1. Stay here and keep watch with me.

Stay here....with me.

Jesus wanted their company. He was undergoing a major trial as the sin of the world was being loaded upon Him, and He simply wanted friends with Him. In another passage we will look at later it says:

Be still before the LORD and wait patiently for him (Psalm 37:7).

The idea of being still is foreign to most people these days. Life is supposed to be active isn't it? *Just do it* says the adverts. But being still before the Lord, or staying with Him, is not inactivity. It is spiritual activity. It is getting into a position where His needs and His desires become yours too. It is sitting with Him and letting Him know you love Him.

Today, just as then, Jesus wants your company. He says just as much now as He did then "stay here with me".

Will you?

Keep watch....with me.

Keeping watch is an act of being a look-out or a guard. Jesus wanted them to be alert and to warn Him of the coming troops. Today, just as then, we are called to keep watch over the world around us and to bring in prayer to Jesus the needs of the world and to pray as we see the enemy approaching. How can the victory be ours if we are asleep and not alert to the dangers all around us? It has been said that one of the reasons that Hitler gained power was because the church at the time (not just in Germany) closed its eyes to what was going on, it did not pray and it did not act. It just got on with its 'holy huddle' life behind closed doors and ignored the screams of those being sent to concentration camps etc. And then World War II started.

Today, Jesus wants His church alert to the doings of the enemy around us,and the needs of His people too. He is still saying "keep watch with me".

Will you?

#### 2. "Could you men not keep watch with me for one hour?"

I think its significant that Jesus mentions a time scale. Too often we're soft on ourselves and say "I'm aiming to spend 10 minutes a day with God". Ten minutes??? In that time do you propose to read some of the bible, think about it, understand it, hear what God is saying through it, let Him know you love Him, pray for your own needs, be alert to the needs around you, keep an eye out for the enemy, confess your sins, find out what He wants you to do today, see if there's anything from yesterday you have to put right and plan to do it?

If you had a boyfriend or girlfriend and promised to spend a whole ten minutes a day with them you might just about keep a relationship going (though some of us only spend ten minutes a week with God!!)

If you had a fiance(e) and promised to spend a whole ten minutes a day with them you will probably find they break off the engagement. If you're married and only spend ten minutes a day together it won't last very long!

Jesus said keep watch for one hour. If we all gave Him that much time think what a difference that would make to our own Christian lives and also both our fellowship and our impact on others around us.

Also, in 2 Peter 3:8 we read With the Lord a day is like a thousand years, and a thousand years are like a day. Getting my calculator out I worked out that in that case



one hour is like 41-and-a-bit years. 40 years, in the Bible, is the measure of one generation. I don't think its pushing it too much to say that what Jesus was saying *also included* the fact that we are here for 'one hour' or one generation, and it is our responsibility to watch and pray with Him for that time. One day we will all have to give account for ourselves before God, and I am sure that part of what he is looking for is how well we have watched over our generation with Him.

3. Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

The other part of the reason why we need to spend time with Him is so that we will not fall into temptation. How does praying help? Because the more time you spend with Jesus the less you want to sin. You discover in those times something far greater than the pleasures of sin. Real pleasure is found deep in fellowship with Jesus. If you don't believe me its because you haven't been there yet!

## Hour you facing?

We all need to face up to the question posed by Joshua:

"Now fear the LORD and serve him with all faithfulness. Throw away the gods your forefathers worshipped beyond the River and in Egypt, and serve the LORD. <u>But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve,</u> whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD."

(Joshua 24:14,15).

A choice means a commitment. For instance, I might choose to learn to play the guitar. That requires me to commit to the following:

- buy or borrow quitar
- learn the basics
- · practise regularly
- not to give up when I think its too difficult.

The skateboarders in the carparks only get good at it because they keep on doing it until they get good, the long-distance athlete doesn't win competitions if she gives up at the first stitch or fall, you don't get high grades in exams unless you do a lot of work (you see TFG encourages you to work!.....get your parents to read this!)

Now, have you *chosen* to be a Christian? Do you want to live your life as a Christian? If yes, then that choice requires commitment. In particular:

- daily time with Jesus
- holy lifestyle, turning away from the path of sin (see Romans passage below)
- obedience to God and His Word.

In Romans 13 Paul puts it this way:

And do this, understanding the present time.

One generation effectively is about the amount of time any individual exercises influence over the affairs of the world (ie from about early 20s to about early 60s). In Revelation 17 and 18 there are several references to one 'hour' that suggest it means a generation.

<u>The hour has come</u> for you to <u>wake up from your slumber</u>, because our salvation is nearer now than when we first believed.

The night is nearly over; the day is almost here.
So let us put aside the deeds of darkness and put on the armour of light.
Let us behave decently, as in the daytime,
not in orgies and drunkenness,
not in sexual immorality and debauchery,
not in dissension and jealousy.
Rather,

clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature. (Romans 13:11-14)

You can't sit on the fence. If you are a Christian you can't also be 'hell-bent' on sin. To use the language of the passage above, we can't carry on with the deeds of darkness, because the night of Satan's rule is nearly over and the Day of Christ's rule is getting closer.

Which direction are you facing? The way of sin? Then don't call yourself a Christian!

The way of Christ?
Then stop messing around with sin!

Its the most important decision you will ever make. If there was a time in your life when you chose to become a Christian, then you have already told God you are facing His way.....if you're not watch out! On the other hand, if you haven't ever made a decision, but have always thought of yourself as a Christian because you were brought up in a Christian family, now is an excellent time to think it through for yourself.

## Following Hour Leader

A *Christian* is a <u>disciple</u>, and <u>disciple</u> means follower. Lots of people have disciples, a more modern word might be a fan or a groupie. But actually, disciple is stronger than those words, because a disciple 'goes all the way'. The Bible uses the idea of being in an army to picture what a disciple is....someone who is signed up to obey orders.

Lots of us want to see something called 'revival'. There is this sense that we want lots of people to become Christians. But revival actually means much more than that. It means:

- firstly, God's people becoming true followers, worshippers and disciples and only then does it also mean
- non-Christians becoming Christians

So, if we are praying for revival we are praying firstly that God's will might be done in us, as it is in heaven (familiar?). Are you prepared for that in your life?

We are to follow Jesus. What was God's will for Jesus?

- no luxury home, He was to travel the countryside and often live rough
- · always on call and ready for other people, even when He was very tired
- rejected by His own childhood friends and some of His family
- opposed by the authorities
- arrested on trumped up charges
- not to defend Himself against those charges
- being beaten up, laughed at and derided
- forced to walk in shame and humiliation carrying a heavy wooden cross
- nailed to that cross

And what did His willingness to do all that produce? *Revival!* Many came to be part of His church, prepared to follow Him all the way. That meant prepared to suffer as He had. If you read Acts you will see not just the miracles He did still happening, but also the suffering He had still occurring too.

#### Still want revival?

If so, the only way you are going to see it is if you have those daily hours close with him. Without those, you won't last through revival!

Back in the Matthew 26 passage, and I noticed at the bottom of the page my Study Bible said "Gethsemane means Olive Press". The Mount of Olives was an Olive growing area (not surprisingly!), and those olives had in the past been brought into the Gethsemane area to be pressed.

Why press olives? The Bible tells us:

- Exodus 27:20 says the olives were pressed to provide clear oil to keep the lamps in the tabernacle/temple burning continually
- Leviticus 24:2 says the oil was also placed before the Lord as a symbol of His Presence
- Leviticus 29:40 says the oil was mixed with the lamb offering at the consecration of priests
- Numbers 28:5 says the lamb was mixed with the oil at twilight² to form a sweet aroma to the Lord



<sup>&</sup>lt;sup>2</sup> when was Jesus in Gethsemane??

1 Kings 5:11 says Solomon paid for the timber to build the Temple in wheat and pressed olive oil.

Can you see how each of these uses of pressed olive oil relates in some way to Jesus who is

- the light of the world
- God, present on earth
- the Lamb given for our sin
- a sweet offering to our God
- the Temple, the Altar and the Sacrifice

Mark's version of the Gethsemane incident includes that,as Jesus prayed, so His sweat became like drops of blood. In other words, He was being pressed like an olive Himself as He prayed there.

Are you still wanting to follow Him? Are you willing to offer yourself to Him so that He can press you and mould you into his image, so that He can lead you where He wants you to go, not necessarily where you want to go? In John 21:18 Jesus said to Peter I tell you the truth, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go."

God is looking for disciples who will turn their backs on the world and its ways and all the sins listed above in Romans 13 and be wholehearted for Him. We live in a dark age in this nation. The pull of sin is strong. That's why only those who spend close times with Jesus will remain Christians and be those who "stay here and watch" with Him.

## Hour Righteous are you?

So far we have talked about obeying God, which brings *holiness*. But there is another word used to describe believers in scripture, and that is *righteousness*. What does it mean to be righteous? Genesis 15:6 says "Abraham believed the LORD, and he credited it to him as righteousness." Therefore to be righteous we have to believe God.

Note, not believe in God, but believe Him. Lots of people believe in God, or in a god. But few people believe Him. Abraham believed God because God said he would have a son even though his wife was past child bearing, and he believed God. Moses believed God that when he lifted up his crook the Red Sea would divide and they could walk across, Daniel believed God to go on praying even though the king said don't or you'll be thrown to lions. To believe God is to trust Him despite how circumstances look, to believe that He will look after you no matter what, to believe that even if you are going to be burnt at the stake (as thousands of martyrs have been down through the centuries) eternal life is a reality and well worth suffering for.

The next two years could be very difficult without God. For instance, *if* the millennium bug causes major problems with power, water supplies, travel, finances, banking, etc then our society as it is could well collapse. Do we believe God will look after us despite all that, or do we rely on those things like everybody else? (I am not saying society will collapse, just asking where would your faith be if it did).

Back in Matthew 26, Jesus believed that what He was about to go through was worth it because He saw in faith what was beyond the cross. That's why He prayed for God's will to be done, which is what we should always be praying. Moses was the same *He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward* (Hebrews 11:26). Jesus knew that, though He trusted and



believed the Father, the immediate cost to Himself would be great: taking on everyone's sin, and separation from the Father....not to mention the physical agonies. But He stood on what He believed, whatever the cost to Himself....that's *righteousness*.

## **Hour of Decision!**

Right now, in May 2001, is the time to make a serious decision. *Even if you've made it before*, ask yourself "am I prepared to <u>put time and effort</u> into being a Christian?". That's essentially what it boils down to. Putting time and effort into:

- developing a relationship with Jesus
- developing a prayer life that works for you
- developing ways of reading the Bible and hearing God as you do

In order to do this you will have to cut some things out:

- anything you know is a sin but haven't bothered to stop
- things that take up time which could be used for prayer and your relationship with Jesus

but it isn't all about giving things up. In return the rewards are great! If you weren't on the Senior weekend last year ask for a copy of the book "The Kingdom of Heaven", which details the many things that God lavishes on those who seriously give their lives to Him.

Don't just be half-hearted, however. Far better to say now "No, I'm not interested anymore" than to be only semi-committed. God, when talking to Ezekiel, said this of half-hearted believers:

"As for you, son of man, your countrymen are talking together about you by the walls and at the doors of the houses, saying to each other, `Come and hear the message that has come from the LORD.' My people come to you, as they usually do, and sit before you to listen to your words, but they do not put them into practice. With their mouths they express devotion, but their hearts are greedy for unjust gain. Indeed, to them you are nothing more than one who sings love songs with a beautiful voice and plays an instrument well, for they hear your words but do not put them into practice. "When all this comes true--and it surely will--then they will know that a prophet has been among them."

(Ezekiel 33: 31 - 33)

God is not prepared to be just an entertainment. It breaks His heart when people treat Him this way. Jesus said: I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm--neither hot nor cold--I am about to spit you out of my mouth. (Revelation 3: 15,16).

And don't think that does not apply to us! If you are lukewarm you will not make it as a Christian!

#### But its too hard for me! you cry.

What is? Reading the Bible? Then stop trying to read the Bible. From now on just stick to two books: one of the Gospels (say Luke) and the Psalms. Leave the rest alone. One day, perhaps, you might expand what you read, but for the next year just stick with those two. Work your way through the Gospel, and read a Psalm at a time (or a bit of one if its very long). Maybe read Psalms at the weekends and the Gospel in the week, or the other way round.

Read every day for about five minutes or about 20 verses (whichever is quicker). Once you've read it, think about what you've read. Ask some or all of the following questions:



#### In the Psalms:

What sort of mood is the writer in?
Are there time when you have felt like
that....what did you do?
What does the Psalmist 'do with his
mood'?

Are there examples of trusting God in this passage that you could follow?

Are there any promises in this Psalm?

Is there a lesson for life here that you could learn?

What, for you, is the key verse or main idea from this Psalm? Write it down!

#### In the Gospel:

What is happening in this passage? (try to tell the story yourself in your own words)
Who are the main characters in this passage?

How do the characters react to Jesus/God? What is the passage teaching us?

Is there an example to follow here?
Are there any warnings here?

What, for you, is the key verse or main idea from this reading? Write it down!

Try to build up a file of your thoughts from your readings. If you don't like writing you could always record them with a microphone.

Aim to try to remember your reading half way through the day or the next morning if you read at night.

On the following pages is part of a Psalm, printed in several translations. We will be using this over the weekend. Make notes on the pages around it if you like (you can always do this in your bibles too!)

#### Psalm 37 1-20 (NIV)

- 1 Do not fret because of evil men or be envious of those who do wrong;
- <sup>2</sup> for like the grass they will soon wither, like green plants they will soon die away.
- <sup>3</sup> Trust in the LORD and do good; dwell in the land and enjoy safe pasture.
- <sup>4</sup> Delight yourself in the LORD and he will give you the desires of your heart.
- <sup>5</sup> Commit your way to the LORD; trust in him and he will do this:
- <sup>6</sup> He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.
- <sup>7</sup> Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.
- <sup>8</sup> Refrain from anger and turn from wrath; do not fret--it leads only to evil.
- 9 For evil men will be cut off, but those who hope in the LORD will inherit the land.
- 10A little while, and the wicked will be no more; though you look for them, they will not be found.
- 11 But the meek will inherit the land and enjoy great peace.
- The wicked plot against the righteous and gnash their teeth at them;
- 13 but the Lord laughs at the wicked, for he knows their day is coming.
- 14 The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.
- 15 But their swords will pierce their own hearts, and their bows will be broken.
- 16 Better the little that the righteous have than the wealth of many wicked;

#### **Psalm 37 1-20 (NKJV)**

- <sup>1</sup> Do not fret because of evildoers, Nor be envious of the workers of iniquity.
- <sup>2</sup> For they shall soon be cut down like the grass, And wither as the green herb.
- <sup>3</sup> Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.
- <sup>4</sup> Delight yourself also in the LORD, And He shall give you the desires of your heart.
- <sup>5</sup> Commit your way to the LORD, Trust also in Him, And He shall bring *it* to pass.
- <sup>6</sup> He shall bring forth your righteousness as the light, And your justice as the noonday.
- <sup>7</sup> Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.
- <sup>8</sup> Cease from anger, and forsake wrath; Do not fret--*it* only *causes* harm.
- <sup>9</sup> For evildoers shall be cut off; But those who wait on the LORD, They shall inherit the earth.
- 10 For yet a little while and the wicked shall be no more; Indeed, you will look carefully for his place, But it shall be no more.
- 11 But the meek shall inherit the earth, And shall delight themselves in the abundance of peace.
- 12 The wicked plots against the just, And gnashes at him with his teeth.
- <sup>13</sup> The Lord laughs at him, For He sees that his day is coming.
- 14 The wicked have drawn the sword And have bent their bow, To cast down the poor and needy, To slay those who are of upright conduct.
- 15 Their sword shall enter their own heart, And their bows shall be broken.
- 16 A little that a righteous man has *Is* better than the riches of many wicked.

2001

#### continued on next page

#### **NIV** continued

- 17 for the power of the wicked will be broken, but the LORD upholds the righteous.
- 18 The days of the blameless are known to the LORD, and their inheritance will endure for ever.
- 19 In times of disaster they will not wither; in days of famine they will enjoy plenty.
- 20 But the wicked will perish: The LORD's enemies will be like the beauty of the fields, they will vanish--vanish like smoke.

#### **NKJV** continued

- 17 For the arms of the wicked shall be broken, But the LORD upholds the righteous.
- 18 The LORD knows the days of the upright, And their inheritance shall be forever.
- 19 They shall not be ashamed in the evil time, And in the days of famine they shall be satisfied.
- <sup>20</sup> But the wicked shall perish; And the enemies of the LORD, Like the splendour of the meadows, shall vanish. Into smoke they shall vanish away.

# Psalm 37 1-20 (Living Bible)

Never envy the wicked!

- <sup>2</sup>Soon they fade away like grass and disappear
- <sup>3</sup> Trust in the Lord instead. Be kind and good to others; then you will live safely here in the land and prosper, feeding in safety.
- <sup>4</sup>Be delighted with the Lord. Then he will give you all your heart's desires.
- <sup>5</sup>Commit everything you do to the Lord. Trust him to help you do it and he will.
- <sup>6</sup>Your innocence will be clear to everyone. He will vindicate you with the blazing light of justice shining down as from the noonday sun.
- <sup>7</sup>Rest in the Lord; wait patiently for him to act. Don't be envious of evil men who prosper.
- <sup>8</sup>Stop your anger! Turn off your wrath. Don't fret and worry it only leads to harm.
- <sup>9</sup> For the wicked shall be destroyed, but those who trust the Lord shall be given every blessing.
- 10Only a little while and the wicked shall disappear. You will look for them in vain.

# Psalm 37 1-20 (Good News)

Don't be worried on account of the wicked; don't be jealous of those who do wrong.

<sup>2</sup>They will soon disappear like grass that dries up; they will die like plants that wither <sup>3</sup>Trust in the LORD and do good; live in the land and be safe.

- <sup>4</sup>Seek your happiness in the LORD, and he will give you your heart's desire.
- <sup>5</sup>Give yourself to the LORD; trust in Him and He will help you;
- <sup>6</sup>he will make your righteousness shine like the noonday sun.
- Be patient and wait for the LORD to act; don't be worried about those who prosper or those who succeed in their evil plans.
- <sup>8</sup>Don't give in to worry or anger; it only leads to trouble.
- <sup>9</sup>Those who trust in the LORD will possess the land, but the wicked will be driven out.
- 10Soon the wicked will disappear, you may look for them but you won't find them;



#### Living continued

- 11 But all who humble themselves before the Lord shall be given every blessing, and shall have wonderful peace.
- 12,13 The Lord is laughing at those who plot against the godly, for he knows their judgment day is coming.
- 14 Evil men take aim to slay the poor; they are ready to butcher those who do right.
- 15 But their swords will be plunged into their own hearts and all their weapons will be broken.
- 16 It is better to have a little and be godly than to own an evil man's wealth:
- 17 for the strength of evil men shall be broken, but the Lord takes care of those he has forgiven.
- <sup>18</sup> Day by day the Lord observes the good deeds done by godly men, and gives them eternal rewards.
- 19 He cares for them when times are hard; even in famine, they will have enough.
- <sup>20</sup> But evil men shall perish. These enemies of God sill wither like grass and disappear like smoke

#### **Good News continued**

- <sup>11</sup>the humble will possess the land and enjoy prosperity and peace.
- 12The wicked man plots against the good man and glares at him with hate.
- <sup>13</sup>But the Lord laughs at wicked men, because he knows they will soon be destroyed.
- 14 The wicked draw their swords and bend their bows to kill the poor and needy, to slaughter those who do what is right;
- <sup>15</sup>but they will be killed by their own swords, and their bows will be smashed.
- 16The little that a good man owns is worth more than the wealth of all the wicked,
- <sup>17</sup> because the LORD will take away the strength of the wicked, but protect those who are good.
- <sup>18</sup>The LORD takes care of those who obey him, and the land will be theirs forever.
- 19 They will not suffer when times are bad; they will have enough in times of famine.
- <sup>20</sup>But the wicked will die; the enemies of the LORD will vanish like wild flowers; they will disappear like smoke.



## Hour to do it.

So, you've got an hour. What do you do? There are many possibilities, one is suggested below. Start with this, and adjust it to suit. The idea is to vary between praise and worship, intercession, meditation, etc.

What you need: Bible<sup>3</sup>, pen/pencil, notebook, scrap of paper. Maybe a worship song or two on tape to help you in the praise and worship sections.

#### Minutes from start What to do

- Nothing! Sit and be still. Just wind down and prepare yourself for time with Jesus. If you start to think of things you need to do write them down on the scrap of paper....few things are so urgent they can't wait an hour.
- Thank God for things that have happened in the last 24hours. Tell Him about anything that's troubling you Remember some specific promises He makes (like Philippians 4: 4 8)

  Read Bible
- Notes and thoughts on reading (see section earlier in this book)
- Pray about what you have read asking God to help you to remember it and to obey it and live it.
- Worship and adoration Time to let Him know you love Him. Focus on a specific thing He means to you.
- Confession as you worship Him you realise what a scum bag you are. Don't just say a general 'sorry', ask him to show you specific things you need to confess and do so, asking for His help not to do them again
- Needs of Others Keep a list in your notebook of things/people you are praying for, and answers you receive.
- Praise and Thanks Thank Him *now* for the things you have just prayed for, show Him that you believe He has heard and answered. Praise Him for good things He does for you.

  Amen!

50

<sup>&</sup>lt;sup>3</sup> if possible use a Bible with study notes, cross-references and/or explanations. But don't rely on these, let God speak directly to <u>you</u>.



If an hour all at once is too much.....then try three of four slots through the day, for example:

<u>When you get up</u>: **20 minutes** Read the Bible, pray about it and think about what God is saying through it. Pray for the day to come, write down a key point from the scripture and try to remember it through the day.

<u>When you get home (or on the bus)</u>: **20 minutes** Aim to remember the morning reading, spend some time praising God and thanking Him for the day. Pray for the needs of others you have met during the day, and your own needs. Thank Him that He has heard, that He loves you, and that He promises answers!

<u>Before bed:</u> **20 minutes** A time of confession and review at the end of the day. What have you got to offer to God in repentance? Pray for help for the next day. Again review the Bible reading...did you put it into practice? A time of thanksgiving and worship (maybe put a tape on to help) before you finish.

Of course, there are lots of different ways of coming to God for an hour a day. Jesus prayed 'very early in the morning'....'in a solitary place' (Mark 1:35). He also prayed, as we have seen, in the evening in Gethsemane with others around Him. He prayed in public (John 11:41) as well. The point is, it was part of His lifestyle, so He did it naturally. Make it part of yours!

If you look through the Bible you will find all the saints had regular times of prayer. Daniel prayed alone, but everyone knew when and where he did, and it nearly cost him his life (Daniel 6:10). But you can see how God protected him through his close relationship, developed in prayer and regular bible reading (Daniel 9:2).

Jesus wants a relationship with you. Its not enough that you are good friends with others who are His close friends. Build your fellowship with Him, then it will last!

JUST ONE OF THESE 20 minute slots would be better than none at all.

Can't make an hour?? Can you commit to 20 minutes? Is your relationship with Jesus important?



## **History Hour**

If you sing this song and mean it, now's the time to prove it by committing yourself to time with Jesus each day. 15 minutes, 20 minutes, half an hour, an hour.....or more!

Is it true today that when people pray,

Cloudless skies will break, Kings and queens will shake?

Yes its true, and I believe it, Not believe in God, but believe what He says

I'm living for You.

Not just by mouth, but also by action

Well its true today that when people pray

We'll see dead men rise, The prayer of a righteous man is

powerful and

And the blind set free *effective*. James 5:16

Yes its true and I believe it,

I'm living for You.

I'm gonna be a history maker in this land. "If you hold to my teaching, you

I'm gonna be a speaker of truth are really my disciples.

To all mankind. Then you will know the truth, and the truth will set you free" (John 8:31,32)

I'm gonna run into Your arms, Be still before the LORD and wait patiently Into Your arms again, for him (Psalm 37:7)

Into Your arms, into Your arms again.

Well its true today that when people stand Put on the full armour of God With the fire of God and the truth in hand, so that you can take your stand We'll see miracles, we'll see angels sing, against the devil's schemes We'll see broken hearts making history? (Ephesians 6:11)

Yes its true, and I believe it,

I'm living for You.

in all these things we are more than conquerors through him who loved us.

Martin Smith.1996 Curious? Music UK/ Kingsway's Thankyou Music. 8: 37)

"Could you men not keep watch with me for one hour?"

And do this, understanding the present time. The hour has come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armour of light.

Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.

(Romans 13:11-14)



## Hour Did the Weekend Go?

We need to know what you thought of this weekend....please be as honest as possible.

About You: Age Have you b	N een on TFG weekends	Male/Female (please delete one) before: (underline)
Yes, many	Yes, one or two	No
It would be great if you could tell if you	l us your name, but leave ou prefer to be anonymo	
General: Please comm	nent briefly on what you facilities, etc)	think of Annan Court (food, rooms,
The final Frontier:	Please comment brie as necessary.	efly on this weekend below, continue
1/ Friday evening sess	ion	
2/ Saturday Introduction 3/ Saturday morning Si	_	·
4/ Saturday preparation	n time	
5/ Saturday freetime		
		PTO

6/ Saturday evening worship, talk & ministry



7/Sunday	morning	worship	and	presentation	time

8/ Has God said anything specially to you this weekend?

10/ What did you enjoy most and what did you enjoy the least?

Thankyou. See you next year?



# The Meeting Zone

Mondays Worship for all. 1:35pm.

<u>Tuesdays</u> Years 7,8 Bible Study/chats 1:35pm

Wednesdays Year 10-13 Bible Study 1:35pm

<u>Thursdays</u> Communion in the Chapel

8:30am

Years 9 - 13 repeat of Wednesday

1:35pm

Evening Fellowship 7:45 - 10pm

Teaching, chats, worship & more

Year 10 and above (including ex-students and non-

Twyford)

<u>Fridays</u>

Visiting Speaker or Video...all ages

1:35pm

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