

QUIET TIME GUIDE
FOR Monday 6/23/08
FROM JACK MILLWOOD

Greeting:

I don't know if you have ever had children or not. If you have, then you will know what I am talking about. Some times you can get one kid that is only concerned about him or her self. It does not matter how things affect the other kids or the parents or anyone else in the family. It is all about that person. Their total focus is on themselves. That makes things hard in a family. Any time a person is solely focused on themselves life in general gets out of focus. You fail to get an accurate picture or a realistic picture of any situation. Unfortunately we often do not grow out of this self focus mindset. As adults sometimes we tend to have blinders on that does not allow us to see anything except ourselves. This not only make us selfish but, even more, it affects our ability to live and be successful. One of the problems is that if we only focus on ourselves then we can not focus on God. That limitation of perspective is self destructive. Isn't it ironic that a focus on self is self destructive? Often times the best thing you can do for yourself is to focus on God and his greatness and not on our own limitations. When the Psalmist wrote Psalm 104 his focus was on God and the greatness of God. It is a rather long Psalm but one filled with praise to God and his power. Read through this Psalm slowly. Think for a moment today, not about yourself and your problems, but about God and his greatness. Lets begin this week focused on the awesomeness of the great God we serve.

Scripture for today:

Psalm 104: 1 Praise the LORD, O my soul. O LORD my God, you are very great; you are clothed with splendor and majesty. 2 He wraps himself in light as with a garment; he stretches out the heavens like a tent 3 and lays the beams of his upper chambers on their waters. He makes the clouds his chariot and rides on the wings of the wind. 4 He makes winds his messengers, flames of fire his servants. 5 He set the earth on its foundations; it can never be moved. 6 You covered it with the deep as with a garment; the waters stood above the mountains. 7 But at your rebuke the waters fled, at the sound of your thunder they took to flight; 8 they flowed over the mountains, they went down into the valleys, to the place you assigned for them. 9 You set a boundary they cannot cross; never again will they cover the earth. 10 He makes springs pour water into the ravines; it flows between the mountains. 11 They give water to all the beasts of the field; the wild donkeys quench their thirst. 12 The birds of the air nest by the waters; they sing among the branches. 13 He waters the mountains from his upper chambers; the earth is satisfied by the fruit of his work. 14 He makes grass grow for the cattle, and plants for man to cultivate— bringing forth food from the earth: 15 wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart. 16 The trees of the LORD are well watered, the cedars of Lebanon that he planted. 17 There the birds make their nests; the stork has its home in the pine trees. 18 The high mountains belong to the wild goats; the crags are a refuge for the coney. 19 The moon marks off the seasons, and the sun knows when to go down. 20 You bring darkness, it becomes night, and all the beasts of the forest prowl. 21 The lions roar for

their prey and seek their food from God. 22 The sun rises, and they steal away; they return and lie down in their dens. 23 Then man goes out to his work, to his labor until evening. 24 How many are your works, O LORD! In wisdom you made them all; the earth is full of your creatures. 25 There is the sea, vast and spacious, teeming with creatures beyond number— living things both large and small. 26 There the ships go to and fro, and the leviathan, which you formed to frolic there. 27 These all look to you to give them their food at the proper time. 28 When you give it to them, they gather it up; when you open your hand, they are satisfied with good things. 29 When you hide your face, they are terrified; when you take away their breath, they die and return to the dust. 30 When you send your Spirit, they are created, and you renew the face of the earth. 31 May the glory of the LORD endure forever; may the LORD rejoice in his works- 32 he who looks at the earth, and it trembles, who touches the mountains, and they smoke. 33 I will sing to the LORD all my life; I will sing praise to my God as long as I live. 34 May my meditation be pleasing to him, as I rejoice in the LORD. 35 But may sinners vanish from the earth and the wicked be no more. Praise the LORD, O my soul. Praise the LORD.

Life Application:

These are great words of praise. We have in this Psalm a description of the glory and majesty of God. He is ***“clothe(d) with splendor and majesty.”*** How do you see God? Is he a puppet on your strings or a holy, awesome majestic God? His power and presence are blinding to the eye. ***“He wraps himself in light as with a garment...”*** He rules over the whole of the world! The clouds are his ***“chariot”*** and he ***“rides on the wings of the wind”*** He is in control of the whole universe. This is what I mean when I say our limited focus on self is destructive. We forget the simple truth that he has the whole world in his hands. ***“He set the earth on its foundations... (he) covered it with the deep... He makes springs pour water into the ravines... He waters the mountains... He makes grass grow for the cattle, and plants for man to cultivate...”*** Every single thing that we see and have is under his control. I can not but help of think of the words of Jesus who said that if our Father clothes the lilies of the field will he not take care of us. We get to having personal pity parties when we lose our focus. Instead we need a praise party. He’s got the whole world in his hands! That includes you and me. When we get our focus right we will say, ***“I will sing to the LORD all my life; I will sing praise to my God as long as I live.”*** Your attitude is so important in life. Your focus, your perspective, affects everything about who you are and how you live. Let’s begin this week with a proper focus. Praise him today. Read through the verses again slowly. Fix your thoughts on the power and majesty of God. Remember that this great awesome powerful God lives in your life. He has given you a relationship with him that is personal and can be intimate. You have access to him and all that he is.

Spiritual exercise:

Whatever your troubles or concerns are today, cast them on Jesus. Place them in his powerful hands. He cares about you and your concerns. You are not alone. Spend some time praying and thanking God for who he is. Ask him to “be God” in your life. Ask him for his power. Ask him to help you focus on him and nothing else. If you know this little chorus sing it over and over again today. ***“When He rolls up His sleeves, He ain't just***

puttin' on the ritz (our God is an awesome God) There is thunder in His footsteps And lightning in His fist, (our God is an awesome God) Well, the Lord wasn't joking When He kicked 'em out of Eden. It wasn't for no reason that He shed his blood. His return is very close and so you better be believing that our God is an awesome God. Our God is an awesome God, He reigns from heaven above, With wisdom pow'r and love our God is an awesome God. And when the sky was starless in the void of the night (our God is an awesome God) He spoke into the darkness and created the light (our God is an awesome God) Judgment and wrath he poured out on to Sodom. Mercy and grace He gave us at the cross. I hope that we have not too quickly forgotten that our God is an awesome God."

Thought for the day.

Our God is an awesome God!