

Heart Communion With God

Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord. Psalm 27:14, KJV.

Moments of Prayer:

- Pray for the items listed in your Prayer Journal.
- Pray for the five individuals/families you chose.
- Pray for God's work in the Canadian Union of the Adventist Church.
- Pray that God will send more workers to the harvest.

An intensity such as never before was seen is taking possession of the world. In amusement, in moneymaking, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses body and mind and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him. "Be still, and know that I am God." Psalm 46:10.

Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste. With hurried steps they press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work....

Not a pause for a moment in His presence, but personal contact with Christ, to sit down in companionship with Him—this is our need.

We may bring Him our little cares and perplexities as well as our greater troubles. Whatever arises to disturb or distress us, we should take it to the Lord in prayer.

Calmly, yet fervently, the soul is to reach out after God; and sweet and abiding will be the influence emanating from Him who sees in secret, whose ear is open to the prayer arising from the heart. He who in simple faith holds communion with God will gather to himself divine rays of light to strengthen and sustain him in the conflict with Satan.

If we keep the Lord ever before us, allowing our hearts to go out in thanksgiving and praise to Him, we shall have a continual freshness in our religious life. Our prayers will take the form of a conversation with God as we would talk with a friend. He will speak His mysteries to us personally. Often there will come to us a sweet, joyful sense of the presence of Jesus.... Prayer turns aside the attacks of Satan.



What has God taught you when you met Him in moments of silence?

White. *The Faith I Live By*, p. 225.