

7 “R’s” for Time with God:

Here is a simple pathway that I’ve been using lately to help me focus on the Lord. I pray that it’s a blessing to you.

1. **Release** every care, burden, fear, worry, anxiety, and cause of fretting to the Lord. *“Cast all your anxiety on him because he cares for you” (1 Peter 5:7).*
2. **Relinquish** your will, rights, future, and life entirely to His will. Abandon yourself into His care: *“Not as I will, but as You will... Your will be done” (Matthew 26:39, 42); “The LORD will perfect that which concerns me” (Psalm 138:8).*
3. **Remember** your Father’s great love and faithfulness to you in the past: *“Oh, give thanks to the LORD! ...Remember His marvelous works which He has done, His wonders...” (Psalm 105:1, 5).*
4. **Rest** in His great love for you: *“How precious is Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings” (Psalm 36:7); “In Your presence is fullness of joy; at Your right hand are pleasures forevermore” (Psalm 16:11).*
5. **Recognize** that your spiritual foe will actively seek to keep you out of your Father’s righteousness, peace, & joy today by distracting you from God’s love: *“in order that Satan might not outwit us. For we are not unaware of his schemes” (2 Corinthians 2:11)... “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour” (1 Peter 5:8).*
6. **Resist** the enemy by choosing to focus your heart & mind on Jesus, choosing to be thankful, choosing to praise God in the midst of your circumstances: *“Submit yourselves, then, to God. Resist the devil, and he will flee from you” (James 4:7)... “Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings” (1 Peter 5:9).*
7. **Rejoice!** Rejoice in the love that never ends, the victory that is certain, the Father who cannot fail, the Savior who reigns and rules

over every name that can be named, the strength that is made perfect in your weakness, and the Spirit who indwells you! *“Rejoice in the Lord always. I will say it again: Rejoice!” (Philippians 4:4) “Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus” (I Thessalonians 5:16-18).*

May your joy be **full** in His presence today,

Pastor Matthew Casey