

40 Day Worship Experience

Give God the first 15 minutes
of your day for the next 40 days.
(Matt. 6:33)

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I rise early, before the sun is up; I cry out for help and put my hope in your words.

Psalms 119:147

Devotions will be defined as “time alone with God.” The challenge will be to give God the first 15 minutes of your day (Matt. 6:33) for the next 40 days. To start each day in God’s presence surrendering your will to His (Rom. 12:1). Worship is the greatest act of intimacy on the planet. It is to know God in the inner man (Ps. 46:10). Each day was meant to be a new encounter with Father God (Eph. 2:18; Romans 8:15) through our Lord Jesus Christ. You were made able, by the blood of Jesus, to enter into the Holy of Holies and commune with God on a moment to moment basis. The greatest gift Jesus provided was access (Heb. 4:16) which was the purpose of the Cross. You were given access to God through the blood of Jesus. His sacrifice made a way for each of us to enter in and enjoy God’s Presence once again. That is why in John 14:6, Jesus said, “I am the way the truth and the life, and no man can come to the Father except by me.” Jesus is our only access. Jesus made a way by paying the ultimate price for our sins. We can worship the Creator now “in spirit and in truth” (John 4:24). All else in life pales in comparison to the fact we can enter into an ongoing

intimate relationship with the Creator of the Universe.

Practically, what does this look like? Here is a simple explanation.

The first thing you want to do is set a time and place to daily meet with God. Note that this time will be the most resisted activity on the planet. The enemy does not want you to spend intimate quality time with God. The reason is because God is the source of all life. Your connection to Him is vital! The enemy knows this and tries to keep us from spending quality time with God. That is why we are going to give Him the first. The first is the best and we are giving that time to Him.

Begin by committing an amount of time you want to spend with Him. Fifteen minutes is a good place to start. Continue for the next 40 days. Next, pick the place where you are going to meet. Choose a comfortable place where you feel relaxed and where you will not be disturbed. This place should be free from distractions so that you can focus all your thoughts

on the Lord. This might be in your home or at another location. You decide. Wherever you can get alone with God and open up your heart to the flow of His love will work perfectly. The purpose of this time with God is to encounter His love for you and for you to express your love back to Him (Ps. 27:8, Ps. 143:8). In this place you are going to connect heart to heart with your Creator. Use worship music to help set the mood and train your heart and mind to focus. Focus is a key to spending time alone with God. Hebrews 12:1 tells us to fix our eyes on Jesus. The principle of FOCUS will be your aim in the first moments of the encounter as you quiet yourself before Him (Ps. 62:1).

Use the acrostic for FOCUS to help in connecting with God's heart:

- F Fix your gaze (Heb 12:2)
- O Open your heart (Rev 3:20a)
- C Connect your Spirit (1 Cor 2:10-12)
- U Usher in His presence (Rev 3:20b)
- S Start the flow (John 7:38)

Start by listening to the worship music and focusing on the Lord Jesus. As you do this, surrender your will over to His will. Express your love to Him in any way you feel. Express your thankfulness for His love and sacrifice. This is a time to turn your heart, mind, will and emotions over to His care (Prov. 3:5,6). Set all your affections on Him (Col. 3:1). Remember His Spirit and your spirit are one (1 Cor. 6:17). As you are listening, let a melody begin to develop while worshipping the Lord in your heart (Eph.

5:18,19). You were created to worship. Worshiping is a heart of surrender accompanied with a passion for God's Presence. Express your heart to God in thanksgiving and praise. Ps. 100:4 says, "Enter his gates with thanksgiving; go into his courts with praise. Give thanks to Him and praise His name". Verbalize your appreciation and gratitude. This is adoration for your Creator. Open your heart to His love for you and usher in His Presence. This expression of worship will vary from day to day in both feelings and thoughts expressed.

From here it is a flow. You may just keep listening to different songs. Maybe a particular song ministers to you; repeat it over and over again. You may be directed to read your Bible or a devotional book after some time passes or write in your journal. Keep your Bible, a journal and a pen handy. You may begin praying. Stay open to flow and to what God is directing, all the time keeping your worship music on and enjoying His presence. Even if your mind wanders, do not worry, just gently redirect it back to the Lord. Train your mind and heart to focus on Him. Do not be concerned if you are not feeling anything in these moments, just continue to spend time with Him knowing He is right there with you and doing fresh work in your heart. No two days will be the same.

The reality is this time will grow to be the most important and exciting part of your day. Nothing will compare! Every human has innate needs for freedom, love, accep

tance, purpose, and peace which are fulfilled in Him. You need to look no further to have these needs fulfilled. God's love will overshadow you as you delight yourself in Him. Your love for Him will grow (Eph. 3:17). Soon the 15 minutes will not be enough time, you may find it gradually increasing. At times it will be so amazing you will not want to stop as it becomes more important than anything else. Give it time to develop. God's presence in your life is all you need. The reality is; He is enough! There is no need to look further!

There are many benefits of spending consistent time with the Lord. You will hear God's voice clearer. God will speak to you and you will be able

to discern His voice from all other voices. You will sense His closeness during the day. You will get a fresh appreciation for His Word. The Word of God will come alive to you. The Bible will speak directly to your heart and your circumstances. The clutter in your mind will start to clear up. You will begin to see God's purpose more clearly. Carnal desires and toxic negative thinking will begin to diminish. You will feel a new sense of His peace and assurance. The list goes on and on.

God will give you scriptures to read, impres-

sions, thoughts, ideas, things to do and things to remember. Keep your journal close to capture the God thoughts spoken to your heart. Be sure to write them down!

The most challenging part of the First 15 is getting there each morning. Excuses will come to your mind about how impossible it is to meet that day. Do not let them stop you. Be determined! What flows out of those meeting

times will be fresh and new for that day. You will not be disappointed! He is the source of your life! You will never be the same!

This is not a formula, but rather an intimate and ongoing relationship with your Creator. The time is unscripted. You are

learning to cultivate a continual inner awareness of God's presence in your life. This takes time and that is why you are being challenged to spend the first 15 minutes with the Lord for the next 40 days. This time is not meant to be a duty that gets dry or boring, but is meant to be the most exciting moment of your day. It is a meeting with God, the Creator of the universe! Like any relationship, it takes quality time together to develop.

It is that simple, start tomorrow, Day 1!

Now all of us can
come to the Father
through the same
Holy Spirit because
of what Christ has
done for us.

Ephesians 2:18