MAKING SPACE FOR GOD

Giving up what distracts us from God
People have been making space for God for thousands of years, across cultures and countries.
is it for me?
This might suit people who enjoy paying attention to things in your life that might be filling a space or taking up time that you could spend with God.
PERFECTLY
iMPErFECT
God created you as a unique and perfectly imperfect person and loves you deeply just the way you are.
More to life...
We might want to give up time on the computer, sport, TV series box sets, alcohol, meat, chocolate, ‘stuff’ - anything that distracts us from time with God. It reminds us that there is more to life than the thing we are craving at that moment. Fasting from food should never be done by people who are very young, very old, pregnant, those who have been affected by an eating disorder or those who have certain medical conditions. Please get advice from your doctor if you are considering this option.
YOU'VE GOT THE CHOICE
When we recognise that we have been mindlessly consuming something and decide not to indulge, it helps us to realise that we have choices.
HAVE A GO...
Read the story of Samuel in 1 Samuel: 3 and how he was willing to listen to what God wanted him to do.
A joyful heart
If you decide to give something up, you could give the money to a charity or local church as an offering of thanksgiving.
DISCOVER YOUR TRUE SELF
Bring your desires to God and try to see them through his eyes. By noticing the things that take our time and trying to overcome the way they shape us, we may come closer to God.
step out of your comfort zone
Sometimes choosing a different path can feel uncomfortable and challenging. A meaningful relationship with God will challenge you to grow in unexpected ways and won’t always offer easy answers.
Jesus showed the way
When Jesus was preparing for ministry, he fasted and was tempted to use his powers to overcome his hunger, was tempted to test God and was tempted to follow evil in exchange for power. Jesus knows the things that tempt us – he’s been through it too.
Get ready...
There are lots of examples in the Bible of times when Jesus took himself away to a quiet space, free from distractions. Is there something coming up that you need to prepare for? Is there something that you need to begin to sort out? Use your time of making space to listen to God and think about the next steps.
Want to go further?

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