ROLLER COASTER: Facing the ups and Down of Life

## THE KEY TO INTIMACY WITH GOD

Psalm 62:1-12 Jeff Schreve

My soul, wait in silence for God only, for my hope is from Him. He only is my rock and my salvation, my stronghold; I shall not be shaken. On God my salvation and my glory rest; The rock of my strength, my refuge is in God. Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah. Psalm 62:5-8

## What is the key to a close, intimate relationship with God?

## 1. The key to intimacy with God is <u>time with God</u>.

- A. Give Him your <u>full attention</u>. Our LORD and our God, I turn my eyes to you, on your throne in heaven. Servants look to their master, but we will look to you, until you have mercy on us. Psalm 123:1-2 CEV
- B. Give Him your unhurried attention.
- C. Give Him your confident attention.

## 2. The key to intimacy with God is honesty before God.

A. God wants us to <u>put away our pride</u>. But He gives a greater grace. Therefore it says, "GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE." James 4:6

B. God wants us to <u>face the brutal facts</u>. Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way. Psalm 139:23-24 C. God wants us to <u>share our hurts</u>, <u>hopes</u>, <u>and failures</u>. But Hannah answered and said, "No, my lord, I am a woman oppressed in spirit; I have drunk neither wine nor strong drink, but I have poured out my soul before the LORD. 1 Samuel 1:15

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and YOU SHALL FIND REST FOR YOUR SOULS." Matthew 11:28-29

D. God wants us to know that He is a safe place. God is a refuge for us. Selah. Psalm 62:8

God invites you to get close to Him.