**Morning With The Lord**

Our desire is to be still & know that He is God (Ps 46:10). To not be distracted, but enjoy good part (Luke 10:38-42). Before we hear from God we need to get rid of barriers, clutter/ noise (let our “tape” run out) burdens, and sins.

**Uploading**

**Prepare your heart** to meet with the Lord. Perhaps you have a favorite Psalm (33, 34. 37), devotional reading or some music that helps you to praise/ focus on Him. Enjoy this time and ask God to give you an expectant heart as you spend time with Him. In general I think it is helpful to first focus on God, but there are times we are so conflicted we need to deal other stuff first. Do what helps you the most.

**Cast your cares/ anxiety upon Him**. This is a process of removing the clutter that can keep us from hearing from the Lord. I would start with things that are weighing on your heart. I find journaling helpful. Don’t rush this time, we are often not aware that things are bothering until we slow down. It may be helpful to think back over the past week (few days) and think about the things that bothered/ upset you, things you worried about. Give them to Lord. Get them out into His light. He knows they are there anyway, talking to him about them removes them from being a barrier.

Do an “inventory” of your life (think/ pray through areas of responsibility, or key relationships) asking God to search you (Ps 139: 12-13). This can be both a time of confession and of casting of anxiety/ surrendering.

Close this part of your time with a period of thanksgiving for his forgiveness, his goodness.

**Downloading**

This is less about what we do and more about what we don’t do. We are trying to create space and be still before the Lord. Our temptation will be to fill up the time with prayer or reading the Word. These are important elements, but they should be a response to God’s prompting.

If you are able start with a blank slate and just ask God what he would like to speak to you about. Don’t be afraid of some silence. Don’t be afraid to trust the “promptings”

This may be a time to come back to some of the things you “uploaded”. Lord what do you want to say to me about \_\_\_\_\_\_ (a particular problem/concern)? Or, you could take a more systematic approach, “Lord what do you want to say to me about\_\_\_\_\_ (think through areas of responsibility, or key relationships).

Write it down. What action do you need to take as a result of what God has said? Who can hold you accountable?