

# 28 days in Communion with God



Quotations from the writings of Ellen G White  
on what happens when we spend time  
in God's presence

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*Collated by Gavin Anthony  
Last updated: June 22, 2015  
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## INTRODUCTION

# living for God's glory

I have come to the conclusion that I am spiritually bipolar. As I have reviewed my journals from the last decade or more, I see the same pattern operating like clockwork—high mountain top experiences of spiritual vision, great energy and inspiration, followed by periods deep in the valley—overwhelmed by my circumstances. But this is not how God designed any of us to live.

Such patterns are in fact the cycles of falling in and out of communion with God. Jesus explained to His disciples that anything of value in their lives was a consequence of remaining connected to Him. Jesus also warned them of the inevitable consequences of becoming disconnected,

*Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*  
(John 15:4-5)

I think this is the challenge for us all—to keep a disciplined life—that whether we have good times or bad, our communion with Jesus is secure. For when this happens, His power—His own nature—flows into us.

But this is harder than it seems. Like Israel of old (Deuteronomy 8:10-14), I have a tendency for gross self-delusion. Without much effort, I start behaving as though the wonderful things I have received in communion with God have originated from within myself. And so off I run all alone—with the best intentions in the world—until I fall down and hit the floor, utterly powerless.

This compilation of quotations helps to recast the vision for communion with God—along with some serious cautions about what happens when we don't. Amazingly, you will see that such communion impacts your body and mind as well as the spirit. You will also notice that this type of communion focuses on a personal, intimate, experience with the Person of Jesus that has the potential—if you are willing—to totally transform your life.

Indeed, such communion lays the foundation for how God can enable you to be “conformed to the image of his son” (Romans 8:29). This is important because His image is the blueprint by which you were designed (Genesis 1:26-27). When this re-formation happens, your life becomes a living testimony to the truth about who God is, for you will reflect His glory.

As you read during the next 28 days, you may find it helpful to underline the sections that strike you as most important. When this happens, avoid the urge to read on immediately but pause, and ask the Holy Spirit how to apply what you have just read. Perhaps you can even embark on this adventure with a friend and share your discoveries along the way.

All the best for the Journey!



Gavin Anthony  
Hollywood, Ireland  
Spring, 2015

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# COMMUNION WITH GOD

## DAY 1

### A VISION FOR COMMUNION

### the highest education

In a knowledge of God all true knowledge and real development have their source. Wherever we turn, in the physical, the mental, or the spiritual realm; in whatever we behold, apart from the blight of sin, this knowledge is revealed. Whatever line of investigation we pursue, with a sincere purpose to arrive at truth, we are brought in touch with the unseen, mighty Intelligence that is working in and through all. The mind of man is brought into communion with the mind of God, the finite with the Infinite. The effect of such communion on body and mind and soul is beyond estimate.

*impacting  
body, mind  
and soul*

In this communion is found the highest education. It is God's own method of development. "Acquaint now thyself with Him" (Job 22:21), is His message to mankind. The method outlined in these words was the method followed in the education of the father of our race. When in the glory of sinless manhood Adam stood in holy Eden, It was thus that God instructed him.

*designed  
to be found  
only in  
communion  
with God*

*Education, 14*



# COMMUNION WITH GOD

## DAY 2

### A VISION FOR COMMUNION

### continual communion

In the great conflict before us, he who would keep true to Christ must penetrate deeper than the opinions and doctrines of men. My message to ministers, young and old, is this: Guard jealously your hours for prayer, Bible study, and self-examination. Set aside a portion of each day for a study of the Scriptures and communion with God. Thus you will obtain spiritual strength, and will grow in favor with God. He alone can give you noble aspirations; He alone can fashion the character after the divine similitude. Draw near to Him in earnest prayer, and He will fill your hearts with high and holy purposes, and with deep, earnest longings for purity and clearness of thought.

*guard your  
time for daily  
communion*

Though time is short, and there is a great work to be done, the Lord is not pleased to have us so prolong our seasons of activity that there will not be time for periods of rest, for the study of the Bible, and for communion with God. All this is essential to fortify the soul, to place us in a position where we shall receive wisdom from God to employ our talents in the Master's service to the highest account.

*special  
times for  
communion*

When Jesus said the harvest was great and the laborers were few, He did not urge upon His disciples the necessity of ceaseless toil. . . . He tells His disciples that their strength has been severely tried, that they will be unfitted for future labor unless they rest awhile. . . . In the name of Jesus, economize

## COMMUNION WITH GOD

your powers, that after being refreshed with rest, you may do more and better work.

When the disciples related all their experience to Jesus, He understood their need. Their labor had greatly elated and encouraged them, but it had also worn upon them. . . . A desert place did not mean a waste and solitary wilderness, but a place of retirement and quiet, pleasant to the eyes and invigorating to the body. They sought such a place near a favorite resort on the sea of Galilee. . . . The Christian life is not made up of unceasing activity or of continual meditation. . . . He knew that a season of rest and recreation, apart from the multitude and the scene of their labors, would invigorate them, and He sought to withdraw them from the busy cities to a quiet resort where they might have a season of precious fellowship with Him and with each other. . . . The disciples of Jesus needed to be educated as to how they should labor and how they should rest. Today there is need that God's chosen workmen should listen to the command of Christ to go apart and rest awhile.

### *the church's need*

**T**he church needs the fresh, living experience of members who have habitual communion with God. Dry, stale testimonies and prayers, without the manifestation of Christ in them, are no help to the people. If everyone who claims to be a child of God were filled with faith and light and life, what a wonderful witness would be given to those who come to hear the truth! And how many souls might be won to Christ!

*Gospel Workers 100, My Life with God 133, 6 Testimonies 64*

# COMMUNION WITH GOD

## DAY 3

### A VISION FOR COMMUNION

#### secret & unhurried

**T**o live thus by the word of God means the surrender to Him of the whole life. There will be felt a continual sense of need and dependence, a drawing out of the heart after God. Prayer is a necessity; for it is the life of the soul. Family prayer, public prayer, have their place; but it is secret communion with God that sustains the soul life.

*the  
importance  
of secret  
communion*

It was in the mount with God that Moses beheld the pattern of that wonderful building which was to be the abiding place of His glory. It is in the mount with God --in the secret place of communion--that we are to contemplate His glorious ideal for humanity. Thus we shall be enabled so to fashion our character building that to us may be fulfilled His promise, "I will dwell in them, and walk in them; and I will be their God, and they shall be My people." 2 Corinthians 6:16.

It was in hours of solitary prayer that Jesus in His earth life received wisdom and power. Let the youth follow His example in finding at dawn and twilight a quiet season for communion with their Father in heaven. And throughout the day let them lift up their hearts to God. At every step of our way He says, "I the Lord thy God will hold thy right hand, . . . Fear not; I will help thee." Isaiah 41:13. Could our children learn these lessons in the morning of their years, what freshness and power, what joy and sweetness, would be brought into their lives!

*an example  
for young  
people*

## COMMUNION WITH GOD

*the problem within myself* Heaven is not closed against the fervent prayers of the righteous. Elijah was a man subject to like passions as we are, yet the Lord heard and in a most striking manner answered his petitions. The only reason for our lack of power with God is to be found in ourselves. If the inner life of many who profess the truth were presented before them, they would not claim to be Christians. They are not growing in grace. A hurried prayer is offered now and then, but there is no real communion with God.

*an unhurried longing* Knock. We come to God by special invitation, and He waits to welcome us to His audience chamber. The first disciples who followed Jesus were not satisfied with a hurried conversation with Him by the way; they said, "Rabbi, . . . where dwellest Thou? . . . They came and saw where He dwelt, and abode with Him that day." John 1:38, 39. So we may be admitted into closest intimacy and communion with God. "He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty." Psalm 91:1. Let those who desire the blessing of God knock and wait at the door of mercy with firm assurance, saying, For Thou, O Lord, hast said, "Everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

*Education 258-9, 5 Testimonies 161  
Thoughts from the Mount of Blessing 131*

# COMMUNION WITH GOD

## DAY 4

### THE CONSEQUENCES OF COMMUNION

#### wonderful intimacy

**T**he Lord draws out the soul in prayer, and gives us to feel His precious love. We have a nearness to Him, and can hold sweet communion with Him. We obtain distinct views of His tenderness and compassion, and our hearts are broken and melted with contemplation of the love that is given to us. We feel indeed an abiding Christ in the soul. . . . Our peace is like a river, wave after wave of glory rolls into the heart, and indeed we sup with Jesus and He with us. We have a realising sense of the love of God, and we rest in His love. No language can describe it, it is beyond knowledge. We are one with Christ, our life is hid with Christ in God. We have the assurance that when He who is our life shall appear, then shall we also appear with Him in glory. With strong confidence, we can call God our Father. Whether we live or die, we are the Lord's. His Spirit makes us like Jesus Christ in temper, and disposition, and we represent Christ to others. When Christ is abiding in the soul the fact cannot be hid; for He is like a well of water springing up into everlasting life. We can but represent the likeness of Christ in our character, and our words, our deportment, produces in others a deep, abiding, increasing love for Jesus, and we make manifest . . . that we are conformed to the image of Jesus Christ.

*astonishing,  
personal,  
transforming,  
intimacy*

*an intimacy  
that cannot  
be hidden*

*Sons and Daughters of God 311*



DAY 5

CONSEQUENCES OF COMMUNION

growing in the graces

**M**any have an idea that they must do some part of the work alone. They have trusted in Christ for the forgiveness of sin, but now they seek by their own efforts to live aright. But every such effort must fail. Jesus says, "Without Me ye can do nothing." Our growth in grace, our joy, our usefulness,—all depend upon our union with Christ. It is by communion with Him, daily, hourly,—by abiding in Him, —that we are to grow in grace. He is not only the Author, but the Finisher of our faith. It is Christ first and last and always. He is to be with us, not only at the beginning and the end of our course, but at every step of the way. David says, "I have set the Lord always before me: because He is at my right hand, I shall not be moved." Psalm 16:8.

*grace  
dependent  
on union with  
Christ*

**Y**ou might today be men of honour and of trust, but you have all been so well satisfied with yourselves that you have not improved the light and privileges which have been graciously granted you. Your minds have not been expanded by the Christian graces, neither have your affections been sanctified by communion with the Life-giver. There is a littleness, an earthliness, which stamps the outer character and reveals the fact beyond doubt that you have been walking in the way of your own heart and in the sight of your own eyes and that you are filled with your own devices.

*a warning*

## COMMUNION WITH GOD

**for  
transformation**

When connected with God and sincerely seeking His approval, man becomes elevated, ennobled, and sanctified.

*Steps to Christ 61, 4 Testimonies 339*

# COMMUNION WITH GOD

## DAY 6

### CONSEQUENCES OF COMMUNION

#### a transformed mind

It is a law of the mind that it gradually adapts itself to the subjects upon which it is trained to dwell. If occupied with commonplace matters only, it will become dwarfed and enfeebled. If never required to grapple with difficult problems, it will after a time almost lose the power of growth. As an educating power the Bible is without a rival. In the word of God the mind finds subject for the deepest thought, the loftiest aspiration. The Bible is the most instructive history that men possess. It came fresh from the fountain of eternal truth, and a divine hand has preserved its purity through all the ages. It lights up the far-distant past, where human research seeks vainly to penetrate. In God's word we behold the power that laid the foundation of the earth and that stretched out the heavens. Here only can we find a history of our race unsullied by human prejudice or human pride. Here are recorded the struggles, the defeats, and the victories of the greatest men this world has ever known. Here the great problems of duty and destiny are unfolded. The curtain that separates the visible from the invisible world is lifted, and we behold the conflict of the opposing forces of good and evil, from the first entrance of sin to the final triumph of righteousness and truth; and all is but a revelation of the character of God. In the reverent contemplation of the truths presented in His word the mind of the student is brought into communion with the infinite mind. Such a study will not only refine and ennoble the character, but it cannot fail to expand and invigorate the mental powers.

*according to  
natural laws*

*by  
connection  
to God's  
mind*

## COMMUNION WITH GOD

**A**mid the perils of these last days, the only safety of the youth lies in ever-increasing watchfulness and prayer. The youth who finds his joy in reading the Word of God, and in the hour of prayer, will be constantly refreshed by drafts from the fountain of life. He will attain a height of moral excellence and a breadth of thought of which others cannot conceive. Communion with God encourages good thoughts, noble aspirations, clear perceptions of truth, and lofty purposes of action. Those who thus connect themselves with God are acknowledged by Him as His sons and daughters. They are constantly reaching higher and still higher, obtaining clearer views of God and of eternity, until the Lord makes them channels of light and wisdom to the world. . . . The strength acquired in prayer to God will prepare us for our daily duties.

*for good  
thoughts,  
noble  
aspirations,  
clear  
perceptions  
of truth*

**T**rust in its fullness comes to us through constant communion with God. By eating the flesh and drinking the blood of Christ we gain spiritual strength. Christ supplies the lifeblood of the heart, and Christ and the Holy Spirit give nerve power.

*for trust*

*Patriarchs and Prophets 596, Sons and Daughters of God 136  
Counsels on Health 593*

DAY 7

CONSEQUENCES OF COMMUNION

gaining insight

**T**he sacred privilege of communing with God makes distinct and clear the sight of the glorious things prepared for those who love God and reverence His commandments. We need to bring reverence into our daily lives. . . .

*into eternal realities*

**T**he Lord speaks; enter into your closet, and in silence commune with your own heart; listen to the voice of truth and conscience. Nothing will give such clear views of self as secret prayer. He who seeth in secret and knoweth all things will enlighten your understanding and answer your petitions. Plain, simple duties that must not be neglected will open before you. Make a covenant with God to yield yourselves and all your powers to His service.

*into my own heart*

**C**ommunion with God imparts to the soul an intimate knowledge of His will. But many who profess the faith know not what true conversion is. They have no experience in communion with the Father through Jesus Christ, and have never felt the power of divine grace to sanctify the heart. Praying and sinning, sinning and praying, their lives are full of malice, deceit, envy, jealousy, and self-love. The prayers of this class are an abomination to God. True prayer engages the energies of the soul and affects the life. He who thus pours out his wants before God feels the emptiness of everything else under heaven. "All my desire is before Thee," said David, "and my groaning is not hid from Thee." "My soul thirsteth for God, for

*into God's will for my life*

## COMMUNION WITH GOD

the living God: when shall I come and appear before God?"  
"When I remember these things, I pour out my soul in me."

*for wisdom  
and  
judgement*

**S**everal times each day precious, golden moments should be consecrated to prayer and the study of the Scriptures, if it is only to commit a text to memory, that spiritual life may exist in the soul. The varied interests of the cause furnish us with food for reflection and inspiration for our prayers. Communion with God is highly essential for spiritual health, and here only may be obtained that wisdom and correct judgment so necessary in the performance of every duty.

*My Life Today 284, 5 Testimonies 163, 4 Testimonies 534  
4 Testimonies 459*

DAY 8

CONSEQUENCES OF COMMUNION

joy

Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty and trial. He is our example in all things. He is a brother in our infirmities, "in all points tempted like as we are" but as the sinless one His nature recoiled from evil; He endured struggles and torture of soul in a world of sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer.

*Jesus' joy in  
communion*

Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of heaven think of poor helpless human beings, who are subject to temptation, when God's heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they pray so little and have so little faith? The angels love to bow before God; they love to be near Him. They regard communion with God as their highest joy; and yet the

*the angels'  
highest joy*

## COMMUNION WITH GOD

children of earth, who need so much the help that God only can give, seem satisfied to walk without the light of His Spirit, the companionship of His presence.

***sin breaks  
communion  
and destroys  
our joy***

In his sinless state, man held joyful communion with Him “in whom are hid all the treasures of wisdom and knowledge.” Colossians 2:3. But after his sin, he could no longer find joy in holiness, and he sought to hide from the presence of God. Such is still the condition of the unrenewed heart. It is not in harmony with God, and finds no joy in communion with Him.

*Steps to Christ 93-4, 17*

# COMMUNION WITH GOD

## DAY 9

### CONSEQUENCES OF COMMUNION

#### rest

**T**here are many who become restless when they cannot know the definite outcome of affairs. They cannot endure uncertainty, and in their impatience they refuse to wait to see the salvation of God. Apprehended evils drive them nearly distracted. They give way to their rebellious feelings, and run hither and thither in passionate grief, seeking intelligence concerning that which has not been revealed. If they would but trust in God, and watch unto prayer, they would find divine consolation. Their spirit would be calmed by communion with God. The weary and the heavy-laden would find rest unto their souls if they would only go to Jesus; but when they neglect the means that God has ordained for their comfort, and resort to other sources, hoping to learn what God has withheld, they commit the error of Saul, and thereby gain only a knowledge of evil.

*from anxiety  
of the future*

**W**hen ministers allow themselves to be called away from their work to visit the churches, not only do they exhaust their physical strength, but they rob themselves of the time needed for study and prayer and for silence before God in self-examination. Thus they are unfitted to do the work when and where it should be done.

*lost from  
overwork*

There is nothing more needed in the work than the practical results of communion with God. We should show by our daily lives that we have peace and rest in God. His peace in the

*should be  
visible in the  
face*

## COMMUNION WITH GOD

heart will shine forth in the countenance. It will give to the voice a persuasive power. Communion with God will impart a moral elevation to the character and to the entire course of action. Men will take knowledge of us, as of the first disciples, that we have been with Jesus. This will impart to the minister's labours a power even greater than that which comes from the influence of his preaching. Of this power he must not allow himself to be deprived. Communion with God through prayer and the study of His word must not be neglected, for here is the source of his strength. No work for the church should take precedence of this.

*from crushing  
burdens*

In a world of sin Jesus endured struggles and torture of soul. In communion with God He could unburden the sorrows that were crushing Him. Here He found comfort and joy.

*in the middle  
difficult  
circumstances*

We must live a twofold life--a life of thought and action, of silent prayer and earnest work. The strength received through communion with God, united with earnest effort in training the mind to thoughtfulness and caretaking, prepares one for daily duties and keeps the spirit in peace under all circumstances, however trying.

*Patriarchs and Prophets 687, 6 Testimonies 47  
Desire of Ages 362, Ministry of Healing 512*

DAY 10

HOW COMMUNION HAPPENS

my attitudes

In order to be happy, we must strive to attain to that character which Christ exhibited. One marked peculiarity of Christ was His self-denial and benevolence. He came not to seek His own. He went about doing good, and this was His meat and drink. We may, by following the example of the Saviour, be in holy communion with Him, and by daily seeking to imitate His character and follow His example, we shall be a blessing to the world and shall secure for ourselves contentment here and an eternal reward hereafter. *self-denial*

Nothing is more essential to communion with God than the most profound humility. "I dwell," says the High and Holy One, "with him also that is of a contrite and humble spirit." While you are so eagerly striving to be first, remember that you will be last in the favor of God if you fail to cherish a meek and lowly spirit. Pride of heart will cause many to fail where they might have made a success. "Before honor is humility," and the patient in spirit is better than the proud in spirit." "When Ephraim spake trembling, he exalted himself in Israel; but when he offended in Baal, he died." "Many are called, but few are chosen." Many hear the invitation of mercy, are tested and proved; but few are sealed with the seal of the living God. Few will humble themselves as a little child, that they may enter the kingdom of heaven. *humility*

## COMMUNION WITH GOD

### *sacrifice*

**E**very association we form, however limited, exerts some influence upon us. The extent to which we yield to that influence will be determined by the degree of intimacy, the constancy of the intercourse, and our love and veneration for the one with whom we associate. Thus by acquaintance and association with Christ we may become like Him, the one faultless Example.

Communion with Christ—how unspeakably precious! Such communion it is our privilege to enjoy if we will seek it, if we will make any sacrifice to secure it. When the early disciples heard the words of Christ, they felt their need of Him. They sought, they found, they followed Him. They were with Him in the house, at the table, in the closet, in the field. They were with Him as pupils with a teacher, daily receiving from His lips lessons of holy truth. They looked to Him as servants to their master, to learn their duty. They served Him cheerfully, gladly. They followed Him, as soldiers follow their commander, fighting the good fight of faith. “And they that are with Him are called, and chosen, and faithful.”

### *submission*

**A**s we need food to sustain our physical strength, so do we need Christ, the Bread from heaven, to sustain spiritual life and impart strength to work the works of God. As the body is continually receiving the nourishment that sustains life and vigour, so the soul must be constantly communing with Christ, submitting to Him and depending wholly upon Him.

*4 Testimonies 227, 5 Testimonies 50 & 222  
Thoughts from the Mount of Blessing 19*

# COMMUNION WITH GOD

## DAY 11

### HOW COMMUNION HAPPENS

#### through the word

**W**ith the word of God in his hands, every human being, wherever his lot in life may be cast, may have such companionship as he shall choose. In its pages he may hold converse with the noblest and best of the human race, and may listen to the voice of the Eternal as He speaks with men. As he studies and meditates upon the themes into which "the angels desire to look" (1 Peter 1:12), he may have their companionship. He may follow the steps of the heavenly Teacher, and listen to His words as when He taught on mountain and plain and sea. He may dwell in this world in the atmosphere of heaven, imparting to earth's sorrowing and tempted ones thoughts of hope and longings for holiness; himself coming closer and still closer into fellowship with the Unseen; like him of old who walked with God, drawing nearer and nearer the threshold of the eternal world, until the portals shall open, and he shall enter there. He will find himself no stranger. The voices that will greet him are the voices of the holy ones, who, unseen, were on earth his companions--voices that here he learned to distinguish and to love. He who through the word of God has lived in fellowship with heaven, will find himself at home in heaven's companionship.

*to gain  
intimacy with  
all Heaven*

**A**s God's ministers look by faith into the holy of holies, and see the work of our great High Priest in the heavenly sanctuary, they realize that they are men of unclean lips, men whose tongues have often spoken vanity. Well may

## COMMUNION WITH GOD

they despair as they contrast their own unworthiness with the perfection of Christ. With contrition of heart, feeling wholly unworthy and unfit for their great work, they cry, "I am undone." But if, like Isaiah, they humble their hearts before God, the work done for the prophet will be performed for them. Their lips will be touched with a live coal from off the altar, and they will lose sight of self in a sense of the greatness and power of God and His readiness to help them. They will realize the sacredness of the work entrusted to them, and will be led to abhor everything that would cause them to dishonor Him who has sent them forth with His message . . . . The minister who has received this preparation will be a power for good in the world. His words will be right words, pure and true, fraught with sympathy and love; his actions will be right actions, a help and a blessing to the weak. Christ will be to him an abiding presence, controlling thought, word, and deed. He has pledged himself to overcome pride, covetousness, selfishness. As he seeks to fulfil this pledge, he gains spiritual strength. By daily communion with God he becomes mighty in a knowledge of the Scriptures. His fellowship is with the Father and the Son; and as he constantly obeys the divine will, he becomes daily better fitted to speak words that will guide wandering souls to the fold of Christ.

*communion  
enables a  
mastery of  
Scripture*

*results in  
transformation*

**H**e who through the Scriptures holds communion with God will be ennobled and sanctified. As he reads the inspired record of the Saviour's love, his heart will melt in tenderness and contrition. He will be filled with a desire to be like his Master, to live a life of loving service. . . . By a miracle of His power He has preserved His Written Word through the ages.

*Education 127, Gospel Workers 22-3, My Life Today 27*

# COMMUNION WITH GOD

## DAY 12

### HOW COMMUNION HAPPENS

### nourished by the Holy Spirit

**B**efore the entrance of sin, Adam enjoyed open communion with his Maker; but since man separated himself from God by transgression, the human race has been cut off from this high privilege. By the plan of redemption, however, a way has been opened whereby the inhabitants of the earth may still have connection with heaven. God has communicated with men by His Spirit, and divine light has been imparted to the world by revelations to His chosen servants. "Holy men of God spake as they were moved by the Holy Ghost." 2 Peter 1:21.

*to connect  
us to Heaven*

**A** religious education is greatly needed by all who act a part in the work of Jesus Christ. They are to be labourers together with God, engaged in a sacred, solemn work. Each is to have an individual experience in being taught by the Great Teacher, and individual communion with God. There is to be imparted a new life, and that life is to be nourished by the Holy Spirit. When there is a spiritual union with the Lord Jesus, He will move and impress the heart. He will lead, and in the life there will be a growth of fellowship with Christ.

*to give new  
life*

*Great Controversy v, Testimonies to Ministers 486*



# COMMUNION WITH GOD

## DAY 13

### HOW COMMUNION HAPPENS

#### inspired by nature

In training His disciples, Jesus chose to withdraw from the confusion of the city to the quiet of the fields and hills, as more in harmony with the lessons of self-abnegation He desired to teach them. And during His ministry He loved to gather the people about Him under the blue heavens, on some grassy hillside, or on the beach beside the lake. Here, surrounded by the works of His own creation, He could turn the thoughts of His hearers from the artificial to the natural. In the growth and development of nature were revealed the principles of His kingdom. As men should lift up their eyes to the hills of God, and behold the wonderful works of His hands, they could learn precious lessons of divine truth. Christ's teaching would be repeated to them in the things of nature. So it is with all who go into the fields with Christ in their hearts. They will feel themselves surrounded with a holy influence. The things of nature take up the parables of our Lord, and repeat His counsels. By communion with God in nature, the mind is uplifted, and the heart finds rest.

*the mind is  
uplifted and  
the heart  
finds rest*

*Desire of Ages 291*



DAY 14

HOW COMMUNION HAPPENS

prayer

The idea that prayer is not essential is one of Satan's most successful devices to ruin souls. Prayer is communion with God, the fountain of wisdom, the source of strength and peace and happiness. Jesus prayed to the Father "with strong crying and tears." . . . "Pray one for another," James says; "the effectual fervent prayer of a righteous man availeth much."

*critical for protection*

By sincere, earnest prayer parents should make a hedge about their children. They should pray with full faith that God will abide with them, and that holy angels will guard them and their children from Satan's cruel power. . . .

In teaching us to ask every day for what we need--both temporal and spiritual blessings--God has a purpose to accomplish for our good. He would have us realise our dependence upon His constant care, for He is seeking to draw us into communion with Himself. In this communion with Christ, through prayer and the study of the great and precious truths of His word, we shall as hungry souls be fed; as those that thirst, we shall be refreshed at the fountain of life.

*satisfies our hungry souls*

Every child may gain knowledge, as Jesus did, from the works of nature and the pages of God's holy word. As we try to become acquainted with our heavenly Father through His holy word, angels will come near, our minds will be strengthened, our character will be elevated and refined, and

## COMMUNION WITH GOD

**develops  
the mind  
and spiritual  
powers**

we shall become more like our Saviour. And as we behold the beauty and grandeur of the works of nature, our affections go out after God; while the heart is awed and the spirit subdued, the soul is invigorated by coming in contact with the Infinite through His marvellous works. Communion with God through humble prayer, develops and strengthens the mental and moral faculties, and spiritual powers increase by cultivating thoughts upon spiritual things.

*My Life Today 31, Thoughts from the Mount of Blessing 113  
Counsels on Sabbath School Work 40*

DAY 15

HOW COMMUNION HAPPENS

destroying communion

**T**his rest is not found in inactivity; for in the Saviour's invitation the promise of rest is united with the call to labor: "Take My yoke upon you: . . . and ye shall find rest." Matthew 11:29. The heart that rests most fully upon Christ will be most earnest and active in labor for Him.

When the mind dwells upon self, it is turned away from Christ, the source of strength and life. Hence it is Satan's constant effort to keep the attention diverted from the Saviour and thus prevent the union and communion of the soul with Christ. The pleasures of the world, life's cares and perplexities and sorrows, the faults of others, or your own faults and imperfections--to any or all of these he will seek to divert the mind. Do not be misled by his devices. Many who are really conscientious, and who desire to live for God, he too often leads to dwell upon their own faults and weaknesses, and thus by separating them from Christ he hopes to gain the victory. We should not make self the center and indulge anxiety and fear as to whether we shall be saved. All this turns the soul away from the Source of our strength. Commit the keeping of your soul to God, and trust in Him. Talk and think of Jesus. Let self be lost in Him. Put away all doubt; dismiss your fears. Say with the apostle Paul, "I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20. Rest in God. He is able to keep that which you have committed to Him. If you will leave

*by focusing  
on self and  
others*

## COMMUNION WITH GOD

yourself in His hands, He will bring you off more than conqueror through Him that has loved you.

**W**hoever trusts in himself that he is righteous, will despise others. As the Pharisee judges himself by other men, so he judges other men by himself. His righteousness is estimated by theirs, and the worse they are the more righteous by contrast he appears. His self-righteousness leads to accusing. "Other men" he condemns as transgressors of God's law. Thus he is making manifest the very spirit of Satan, the accuser of the brethren. With this spirit it is impossible for him to enter into communion with God. He goes down to his house destitute of the divine blessing.

*by being  
judgemental*

**M**any, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste. With hurried steps they press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work.

*by rushing*

These workers can never attain the highest success until they learn the secret of strength. They must give themselves time to think, to pray, to wait upon God for a renewal of physical, mental, and spiritual power. They need the uplifting influence of His Spirit. Receiving this, they will be quickened by fresh life. The wearied frame and tired brain will be refreshed, the burdened heart will be lightened.

Not a pause for a moment in His presence, but personal contact with Christ, to sit down in companionship with Him--this is our need.

*Steps to Christ 71-72, Christ's Object Lessons 151  
Education 260-1*

DAY 16

COMMUNION AND THE BIBLE STORY

the supernatural battle

**B**y Bible study and daily communion with Jesus we shall gain clear, well-defined views of individual responsibility and strength to stand in the day of trial and temptation. He whose life is united to Christ by hidden links will be kept by the power of God through faith unto salvation.

*protected  
within*

**T**here is need that much time be spent in secret prayer, in close communion with God. Thus only can victories be won. Eternal vigilance is the price of safety.

*requires  
secret prayer*

**C**ommunion with and love for God, the practice of holiness, the destruction of sin, are all pleasant. The reading of God's Word will not fascinate the imagination and inflame the passions, like a fictitious storybook, but softens, soothes, elevates, and sanctifies the heart. When in trouble, when assailed by fierce temptations, they have the privilege of prayer. What an exalted privilege! Finite beings, of dust and ashes, admitted through the mediation of Christ, into the audience chamber of the Most High. In such exercises the soul is brought into a sacred nearness with God and is renewed in knowledge and true holiness and fortified against the assaults of the enemy.

*fortifies us  
from attack*

## COMMUNION WITH GOD

*requires  
earnest,  
persevering,  
constant  
prayer*

**W**hen we permit our communion with God to be broken, our defence is departed from us. Not all your good purposes and good intentions will enable you to withstand evil. You must be men and women of prayer. Your petitions must not be faint, occasional, and fitful, but earnest, persevering, and constant. It is not always necessary to bow upon your knees in order to pray. Cultivate the habit of talking with the Saviour when you are alone, when you are walking, and when you are busy with your daily labor. Let the heart be continually uplifted in silent petition for help, for light, for strength, for knowledge. Let every breath be a prayer.

*we are direct  
targets*

**T**he darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. The adversary seeks continually to obstruct the way to the mercy seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation.

*5 Testimonies 273*

*Counsels to Parents Teachers and Students 258  
Child Guidance 467-8, Ministry of Healing 510-511  
Steps to Christ 94*

DAY 17

COMMUNION AND THE BIBLE STORY

in Eden

When Adam came from the Creator's hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. "God created man in His own image" (Genesis 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image--the more fully reflect the glory of the Creator. All his faculties were capable of development; their capacity and vigour were continually to increase. Vast was the scope offered for their exercise, glorious the field opened to their research. The mysteries of the visible universe--the "wondrous works of Him which is perfect in knowledge" (Job 37:16)--invited man's study. Face-to-face, heart-to-heart communion with his Maker was his high privilege. Had he remained loyal to God, all this would have been his forever. Throughout eternal ages he would have continued to gain new treasures of knowledge, to discover fresh springs of happiness, and to obtain clearer and yet clearer conceptions of the wisdom, the power, and the love of God. More and more fully would he have fulfilled the object of his creation, more and more fully have reflected the Creator's glory.

*designed  
to live in  
intimate  
communion*

In His interest for His children, our heavenly Father personally directed their education. Often they were visited by His messengers, the holy angels, and from them received counsel and instruction. Often as they walked in the garden in the cool of the day they heard the voice of God, and face to face held communion with the Eternal. His thoughts toward them were

*designed  
to be  
educated in  
communion*

"thoughts of peace, and not of evil." Jeremiah 29:11. His every purpose was their highest good.

*Education 15, 21*

DAY 18

COMMUNION AND THE BIBLE STORY

only through Jesus

In the vision the plan of redemption was presented to Jacob, not fully, but in such parts as were essential to him at that time. The mystic ladder revealed to him in his dream was the same to which Christ referred in His conversation with Nathanael. Said He, "Ye shall see heaven open, and the angels of God ascending and descending upon the Son of man." John 1:51. Up to the time of man's rebellion against the government of God, there had been free communion between God and man. But the sin of Adam and Eve separated earth from heaven, so that man could not have communion with his Maker. Yet the world was not left in solitary hopelessness. The ladder represents Jesus, the appointed medium of communication. Had He not with His own merits bridged the gulf that sin had made, the ministering angels could have held no communion with fallen man. Christ connects man in his weakness and helplessness with the source of infinite power.

*communion  
made  
possible  
again*

All the communion between heaven and the fallen race has been through Christ. It was the Son of God that gave to our first parents the promise of redemption. It was He who revealed Himself to the patriarchs. Adam, Noah, Abraham, Isaac, Jacob, and Moses understood the gospel. They looked for salvation through man's Substitute and Surety. These holy men of old held communion with the Saviour who was to come to our world in human flesh; and some of them talked with Christ and heavenly angels face to face.

*no  
communion  
without Jesus*

## COMMUNION WITH GOD

*the Father  
communes  
with us  
through Jesus*

**A**t the Saviour's baptism, Satan was among the witnesses. He saw the Father's glory overshadowing His Son. He heard the voice of Jehovah testifying to the divinity of Jesus. Ever since Adam's sin, the human race had been cut off from direct communion with God; the intercourse between heaven and earth had been through Christ; but now that Jesus had come "in the likeness of sinful flesh" (Romans 8:3), the Father Himself spoke. He had before communicated with humanity through Christ; now He communicated with humanity in Christ. Satan had hoped that God's abhorrence of evil would bring an eternal separation between heaven and earth. But now it was manifest that the connection between God and man had been restored.

*communion  
through  
Jesus' death*

**B**y sin man was shut out from God. Except for the plan of redemption, eternal separation from God, the darkness of unending night, would have been his. Through the Saviour's sacrifice, communion with God is again made possible. We may not in person approach into His presence; in our sin we may not look upon His face; but we can behold Him and commune with Him in Jesus, the Saviour. "The light of the knowledge of the glory of God" is revealed "in the face of Jesus Christ." God is "in Christ, reconciling the world unto Himself." 2 Corinthians 4:6; 5:19.

*Patriarchs and Prophets 184, 366, Desire of Ages 116  
Education 28*

# COMMUNION WITH GOD

## DAY 19

### COMMUNION AND THE BIBLE STORY

#### into eternity

**A**s our Redeemer leads us to the threshold of the Infinite, flushed with the glory of God, we may catch the themes of praise and thanksgiving from the heavenly choir round about the throne; and as the echo of the angels' song is awakened in our earthly homes, hearts will be drawn closer to the heavenly singers. Heaven's communion begins on earth. We learn here the keynote of its praise.

*communion  
with Heaven  
begins now*

**I**saw no temple therein: for the Lord God Almighty and the Lamb are the temple of it. Revelation 21:22. The people of God are privileged to hold open communion with the Father and the Son. "Now we see through a glass, darkly." 1 Corinthians 13:12. We behold the image of God reflected, as in a mirror, in the works of nature and in His dealings with men; but then we shall see Him face to face, without a dimming veil between. We shall stand in His presence and behold the glory of His countenance.

*face to face  
in eternity*

There the redeemed shall know, even as also they are known. The loves and sympathies which God Himself has planted in the soul shall there find truest and sweetest exercise. The pure communion with holy beings, the harmonious social life with the blessed angels and with the faithful ones of all ages who have washed their robes and made them white in the blood of the Lamb, the sacred ties that bind together "the whole family in

## COMMUNION WITH GOD

heaven and earth" (Ephesians 3:15)--these help to constitute the happiness of the redeemed.

*Education 168, Great Controversy 676-7*

# COMMUNION WITH GOD

## DAY 20

### EXAMPLES OF COMMUNION

#### enoch

**E**noch continued to grow more heavenly while communing with God. His face was radiant with a holy light which would remain upon his countenance while instructing those who would hear his words of wisdom. His heavenly and dignified appearance struck the people with awe.

*communion  
reflected in  
the face*

**I**n the midst of a life of active labor, Enoch steadfastly maintained his communion with God. The greater and more pressing his labours, the more constant and earnest were his prayers. He continued to exclude himself, at certain periods, from all society. After remaining for a time among the people, labouring to benefit them by instruction and example, he would withdraw, to spend a season in solitude, hungering and thirsting for that divine knowledge which God alone can impart. Communing thus with God, Enoch came more and more to reflect the divine image. His face was radiant with a holy light, even the light that shineth in the face of Jesus. As he came forth from these divine communings, even the ungodly beheld with awe the impress of heaven upon his countenance.

*more work  
requires  
more  
communion*

*communion  
reflects the  
divine image*

**B**lessed are the pure in heart: for they shall see God. [MATT. 5:8.] For three hundred years Enoch had been seeking purity of heart, that he might be in harmony with heaven. For three centuries he had walked with God. Day by day he had longed for a closer union; nearer and nearer had grown the communion, until God took him to Himself. He had stood

*communion  
can grow  
deeper*

## COMMUNION WITH GOD

***enoch's  
communion  
can be ours***

at the threshold of the eternal world, only a step between him and the land of the blest; and now the portals opened, the walk with God, so long pursued on earth, continued, and he passed through the gates of the holy city,—the first from among men to enter there. . . . To such communion God is calling us. As was Enoch's, so must be their holiness of character who shall be redeemed from among men at the Lord's second coming.

*3 Spiritual Gifts 57, Patriarchs and Prophets 86-87  
Gospel Workers 53-54*

DAY 21

EXAMPLES OF COMMUNION

moses

The unveiled glory of God no man could look upon and live; but Moses is assured that he shall behold as much of the divine glory as he can bear in his present, mortal state. That Hand that made the world, that holds the mountains in their places, takes this man of dust--this man of mighty faith--and mercifully covers him in a cleft of the rock, while the glory of God and all His goodness pass before him. Can we marvel that "the excellent glory" reflected from Omnipotence shone in Moses' face with such brightness that the people could not look upon it? The impress of God was upon him, making him appear as one of the shining angels from the throne.

*we will  
not look  
the same  
after being  
in God's  
presence*

This experience, above all else the assurance that God would hear his prayer and that the divine presence would attend him, was of more value to Moses as a leader than the learning of Egypt or all his attainments in military science. No earthly power or skill or learning can supply the place of God's immediate presence. In the history of Moses we may see what intimate communion with God it is man's privilege to enjoy. To the transgressor it is a fearful thing to fall into the hands of the living God. But Moses was not afraid to be alone with the Author of that law which had been spoken with such awful grandeur from Mount Sinai, for his soul was in harmony with the will of his Maker.

## COMMUNION WITH GOD

***communion  
with God  
enables us to  
unlearn bad  
habits***

In the military schools of Egypt, Moses was taught the law of force, and so strong a hold did this teaching have upon his character that it required forty years of quiet and communion with God and nature to fit him for the leadership of Israel by the law of love. The same lesson Paul had to learn.

*4 Testimonies 533, Education 65*

DAY 22

EXAMPLES OF COMMUNION

joseph, daniel & john

**A** shepherd boy, tending his father's flocks, Joseph's pure and simple life had favoured the development of both physical and mental power. By communion with God through nature and the study of the great truths handed down as a sacred trust from father to son, he had gained strength of mind and firmness of principle.

*communion  
gives mental  
strength*

**W**herever Christians are, they may hold communion with God. And they may enjoy the intelligence of sanctified science. Their minds may be strengthened even as Daniel's was. God gave him "knowledge and skill in all learning and wisdom."

*communion  
can be held  
anywhere*

**J**ohn and Judas are representatives of those who profess to be Christ's followers. Both these disciples had the same opportunities to study and follow the divine Pattern. Both were closely associated with Jesus and were privileged to listen to His teaching. Each possessed serious defects of character; and each had access to the divine grace that transforms character. But while one in humility was learning of Jesus, the other revealed that he was not a doer of the word, but a hearer only. One, daily dying to self and overcoming sin, was sanctified through the truth; the other, resisting the transforming power of grace and indulging selfish desires, was brought into bondage to Satan.

## COMMUNION WITH GOD

**transformation  
of character  
the result of  
communion**

Such transformation of character as is seen in the life of John is ever the result of communion with Christ. There may be marked defects in the character of an individual, yet when he becomes a true disciple of Christ, the power of divine grace transforms and sanctifies him. Beholding as in a glass the glory of the Lord, he is changed from glory to glory, until he is like Him whom he adores.

*Education 52, Medical Ministry 89, Acts of the Apostles 559-9*

DAY 23

EXAMPLES OF COMMUNION

Jesus

Often the dwellers in Nazareth heard His voice raised in praise and thanksgiving to God. He held communion with heaven in song; and as His companions complained of weariness from labor, they were cheered by the sweet melody from His lips. His praise seemed to banish the evil angels, and, like incense, fill the place with fragrance. The minds of His hearers were carried away from their earthly exile, to the heavenly home.

*communion  
in song*

In a life wholly devoted to the good of others, the Saviour found it necessary to turn aside from ceaseless activity and contact with human needs, to seek retirement and unbroken communion with His Father. As the throng that had followed Him depart, He goes into the mountains, and there, alone with God, pours out His soul in prayer for these suffering, sinful, needy ones.

*communion  
essential  
within a busy  
ministry*

When Jesus said to His disciples that the harvest was great and the laborers were few, He did not urge upon them the necessity of ceaseless toil, but bade them, "Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest." Matthew 9:38. To His toil-worn workers today as really as to His first disciples He speaks these words of compassion, "Come ye yourselves apart, . . . and rest awhile."

## COMMUNION WITH GOD

*communion  
essential  
where we  
hear God  
speak to us  
personally*

All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, "Be still, and know that I am God." Psalm 46:10. This is the effectual preparation for all labor for God. Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men's hearts.

*an example  
of time alone  
with God*

It was in hours of solitary prayer that Jesus in His earth life received wisdom and power. Let the youth follow His example in finding at dawn and twilight a quiet season for communion with their Father in heaven. And throughout the day let them lift up their hearts to God. At every step of our way He says, "I the Lord thy God will hold thy right hand, . . . Fear not; I will help thee." Isaiah 41:13. Could our children learn these lessons in the morning of their years, what freshness and power, what joy and sweetness, would be brought into their lives!

*the Father  
and Son  
provide a  
model for our  
communion  
with God*

And He says, "I know Mine own, and Mine own know Me, even as the Father knoweth Me, and I know the Father." John 10:14, 15, R. V. What a statement is this!--the only-begotten Son, He who is in the bosom of the Father, He whom God has declared to be "the Man that is My fellow" (Zechariah 13:7),--the communion between Him and the eternal God is taken to represent the communion between Christ and His children on the earth!

*Desire of Ages 73, Ministry of Healing 58, Education 259  
Desire of Ages 483*

# COMMUNION WITH GOD

## DAY 24

### EXAMPLES OF COMMUNION

#### paul

**B**ut now Paul's views of Christ and His mission were far more spiritual and exalted, for he had been converted. The apostle asserted that he did not present to them Christ after the flesh. Herod had seen Christ in the days of His humanity; Annas had seen Him; Pilate and the priests and rulers had seen Him; the Roman soldiers had seen Him. But they had not seen Him with the eye of faith; they had not seen Him as the glorified Redeemer. To apprehend Christ by faith, to have a spiritual knowledge of Him, was more to be desired than a personal acquaintance with Him as He appeared on the earth. The communion with Christ which Paul now enjoyed was more intimate, more enduring, than a mere earthly and human companionship.

*communion  
with God  
greater  
than human  
friendship*

**P**aul's life was an exemplification of the truths he taught, and herein lay his power. His heart was filled with a deep, abiding sense of his responsibility, and he laboured in close communion with Him who is the fountain of justice, mercy, and truth. He clung to the cross of Christ as his only guarantee of success. The love of the Saviour was the undying motive that upheld him in his conflicts with self and in his struggles against evil as in the service of Christ he pressed forward against the unfriendliness of the world and the opposition of his enemies.

*working in  
communion  
with God*

*Acts of the Apostles 452, 507*



# COMMUNION WITH GOD

## DAY 25

### COMMUNION FOR MISSION

#### no success without communion

I am instructed to say to my fellow workers: If you would have the rich treasures of heaven, you must have secret communion with God. Unless you do this, your soul will be as destitute of the Holy Spirit as were the hills of Gilboa of dew and rain. When you hurry from one thing to another, when you have so much to do that you cannot take time to talk with God, how can you expect power in your work?

*no power  
without  
communion*

The reason so many of our ministers preach tame, lifeless discourses is that they allow a variety of things of a worldly nature to take their time and attention. Unless there is constant growth in grace, we shall be wanting in words suitable for the occasion. Commune with your own heart, and then commune with God. Unless you do this, your efforts will be fruitless, made thus by unsanctified hurry and confusion.

*commune  
with self and  
God*

Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste. With hurried steps they press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work.

*no  
communion  
even when  
having daily  
devotions*

## COMMUNION WITH GOD

***must wait on God for renewal of physical, mental and spiritual power***

These workers can never attain the highest success until they learn the secret of strength. They must give themselves time to think, to pray, to wait upon God for a renewal of physical, mental, and spiritual power. They need the uplifting influence of His Spirit. Receiving this, they will be quickened by fresh life. The wearied frame and tired brain will be refreshed, the burdened heart will be lightened.

***communion enables us to be light in the darkness***

**C**hrist came into the world to save it, to connect fallen man with the infinite God. Christ's followers are to be channels of light. Maintaining communion with God, they are to transmit to those in darkness and error the choice blessings which they receive of heaven. Enoch did not become polluted with the iniquities existing in his day; why need we in our day? But we may, like our Master, have compassion for suffering humanity, pity for the unfortunate, and a generous consideration for the feelings and necessities of the needy, the troubled, and the despairing.

***focus on Jesus, not on self, to be a blessing to others***

**W**e dishonour Him by talking of our inefficiency. Instead of looking at ourselves, let us constantly behold Jesus, daily becoming more and more like Him, more and more able to talk of Him, better prepared to avail ourselves of His kindness and helpfulness, and to receive the blessings offered us.

As we thus live in communion with Him, we grow strong in His strength, a help and a blessing to those around us. If we would only do as the Lord desires us to, our hearts would become as sacred harps, every chord of which would sound forth praise and gratitude to the Redeemer sent by God to take away the sin of the world. . . .

*7 Testimonies 251, Education 260-261, 5 Testimonies 113  
Messages to Young People 107*

DAY 26

COMMUNION FOR MISSION

for teachers

**H**e who teaches the word must himself live in conscious, hourly communion with God through prayer and a study of His word, for here is the source of strength. Communion with God will impart to the minister's efforts a power greater than the influence of his preaching. Of this power he must not allow himself to be deprived. With an earnestness that cannot be denied, he must plead with God to strengthen and fortify him for duty and trial, and to touch his lips with living fire. All too slight is the hold that Christ's ambassadors often have upon eternal realities. If men will walk with God, He will hide them in the cleft of the Rock. Thus hidden, they can see God, even as Moses saw Him. By the power and light that He imparts they can comprehend more and accomplish more than their finite judgment had seemed possible.

*conscious,  
hourly  
communion  
that  
influences  
more than  
preaching*

**T**hose who teach the word must themselves live in hourly contact, in conscious, living communion with God. The principles of truth and righteousness and mercy must be within them. They must draw from the Fountain of all wisdom moral and intellectual power. Their hearts must be alive with the deep movings of the Spirit of God.

*continual  
communion  
that enlivens  
the heart*

**B**y communion with God and close searching of the Scriptures, the worker should become thoroughly established himself before he enters regularly upon the work of teaching others. John, the beloved disciple, was exiled

*learn the  
secret of  
communion  
before  
teaching  
others*

## COMMUNION WITH GOD

to lonely Patmos, that he might be separated from all strife, and even from the work he loved, and that the Lord might commune with him and open before him the closing scenes in this earth's history. It was in the wilderness that John the Baptist learned the message that he was to bear, to prepare the way for the coming One.

*Acts of the Apostles 362-363, 6 Testimonies 48  
Fundamentals of Education 109*

# COMMUNION WITH GOD

## DAY 27

### COMMUNION FOR MISSION

#### more activity, deeper communion

**T**he first lesson to be taught the workers in our institutions is the lesson of dependence upon God. Before they can attain success in any line, they must, each for himself, accept the truth contained in the words of Christ: "Without Me ye can do nothing."

Righteousness has its root in godliness. No human being is righteous any longer than he has faith in God and maintains a vital connection with Him. As a flower of the field has its root in the soil; as it must receive air, dew, showers, and sunshine, so must we receive from God that which ministers to the life of the soul. It is only through becoming partakers of His nature that we receive power to obey His commandments. No man, high or low, experienced or inexperienced, can steadily maintain before his fellowmen a pure, forceful life unless his life is hid with Christ in God. The greater the activity among men, the closer should be the communion of the heart with God.

*no  
righteousness  
without  
communion*

*more activity  
requires  
deeper  
communion*

**A**nd many who are working with a very different purpose, fall into a like error. They are working for others' good; their duties are pressing, their responsibilities are many, and they allow their labor to crowd out devotion. Communion with God through prayer and a study of His word is neglected. They forget that Christ has said, "Without Me ye can do nothing." John 15:5. They walk apart from Christ, their life is not pervaded by His grace, and the characteristics of self are

*the tragedy  
of working  
without  
communion*

revealed. Their service is marred by desire for supremacy, and the harsh, unlovely traits of the unsubdued heart. Here is one of the chief secrets of failure in Christian work. This is why its results are often so meagre.

*Christ's Object Lessons 52, 7 Testimonies 194*

# COMMUNION WITH GOD

## DAY 28

### COMMUNION FOR MISSION

#### our preparation

**P**ersonal effort for others should be preceded by much secret prayer; for it requires great wisdom to understand the science of saving souls. Before communicating with men, commune with Christ. At the throne of heavenly grace obtain a preparation for ministering to the people.

*commune with God before working for others*

**D**aily beset by temptation, constantly opposed by the leaders of the people, Christ knew that He must strengthen His humanity by prayer. In order to be a blessing to men, He must commune with God, pleading for energy, perseverance, and steadfastness. Thus He showed His disciples where His strength lay. Without this daily communion with God, no human being can gain power for service. Christ alone can direct the thoughts aright. He alone can give noble aspirations and fashion the character after the divine similitude. If we draw near to Him in earnest prayer, He will fill our hearts with high and holy purposes, and with deep longings for purity and righteousness. The dangers thickening around us demand from those who have an experience in the things of God, a watchful supervision. Those who walk humbly before God, distrustful of their own wisdom, will realise their danger and will know God's keeping care.

*communion enables us to bless others*

*communion enables God to fill us with His purposes and of longings for holiness*

**A** principle of divine origin must pervade our conduct and bind us to God. This will not be in any way a hindrance to the study of true science. "The fear of

## COMMUNION WITH GOD

**communion  
gives us an  
accurate  
view of God's  
purposes for  
our lives**

the Lord is the beginning of wisdom" (Proverbs 9:10); and the man who consents to be molded and fashioned after the divine similitude is the noblest work of God. All who live in communion with the Creator will have an understanding of His design in their creation. They will have a sense of their own accountability to God to employ their faculties to the very best purpose. They will seek neither to glorify nor to depreciate themselves. . . .

**communion  
enables us to  
value others  
and our role  
in blessing  
others**

If you are in daily communion with God you will learn to place His estimate upon men, and the obligations resting upon you to bless suffering humanity will meet with a willing response. You are not your own; your Lord has sacred claims upon your supreme affections and the very highest services of your life. He has a right to use you, in your body and in your spirit, to the fullest extent of your capabilities, for His own honour and glory. Whatever crosses you may be required to bear, whatever labours or sufferings are imposed upon you by His hand, you are to accept without a murmur.

Those for whom you labor are your brethren in distress, suffering from physical disorders and the spiritual leprosy of sin. If you are any better than they, it is to be credited to the cross of Christ. Many are without God and without hope in the world. They are guilty, corrupt, and degraded, enslaved by Satan's devices. Yet these are the ones whom Christ came from heaven to redeem. They are subjects for tenderest pity, sympathy, and tireless effort; for they are on the verge of ruin. They suffer from ungratified desires, disordered passions, and the condemnation of their own consciences; they are miserable in every sense of the word, for they are losing their hold on this life and have no prospect for the life to come.

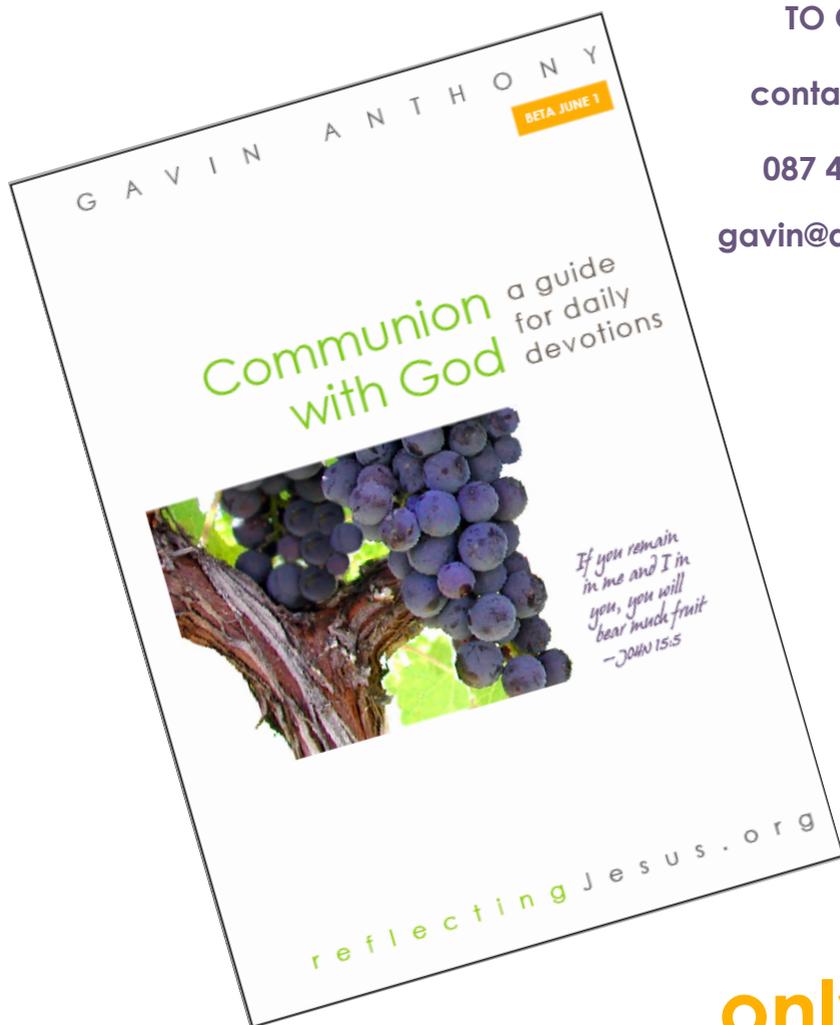
*Christ's Object Lessons 149, Counsels to Parents, Teachers and Students 323, 364-365, 4 Testimonies 568*



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When you sit down to spend time with God, what do you do?

**Communion with God: a guide for daily devotions** will guide you through 3 things to do each day that will nurture intimacy with God—1) Bible study, 2) prayer, and 3) mission. The guide shows you 5 different ways to study your Bible, 4 important focuses for your prayers, and 2 ways that God desires to reveal His glory through you each day, with journal pages in each section for you to record your spiritual discoveries and journey with God. (Spiral bound, 188 pages.)



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