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Even the youths shall faint and be weary, and the young men shall utterly fall:

But they that wait upon the Lord shall renew their strength:

They shall mount up with wings as eagles;

They shall run and not be weary;

And they shall walk and not faint. Isaiah 40:30, 31.

I have found this to be true in my experience. “The Lord is the strength of my life.” Psalm 27:1. We need His strength to live the Christian life. It is not possible to live the Christian life by human strength only. Galatians 2:20, Isaiah 49:5, Colossians 1:27.

As I have, through the years, slowly reorganised my life to spend more time waiting on the Lord, in prayer and in the Word of God, the Bible, I have noticed that there has come into my life, from the Lord, the Almighty God, a greater strength of spirit, soul and mind, and body.

At this present stage of life, and to fit in with my life style, I have adopted a habit, of going to bed about 8pm and rising about 4 or 5am, so that I can spend time with God the Father of our Lord Jesus Christ, before the routine of the day gets underway.

This is not a legal duty or bondage. We have to eat and drink, sleep and breathe air to live. Neither is spending time with God each day a legal bondage. **As we choose to seek God, it becomes the joy and the rejoicing of our hearts.** Jeremiah 15:16, Nehemiah 8:10, Psalm 119:162, Isaiah 12:3, Colossians 3:16, Ephesians 5:18, 19, Romans 15:13, John 15:11.

The way we spend time in prayer and in God’s Word, will vary from person to person, according to each different situation. But one way or another, **most of us can usually work out something**, to enable us to spend some time, each day, in God’s Word and in prayer. This is a time for listening to the voice of the Holy Spirit. He will speak to us as we pray and read the Word. This is a time for praise and thanking the Lord our God and Saviour, for all His mercy, goodness, truth, and power and a time for making requests for God’s mercy and grace. Hebrews 4:16. “Come boldly unto the Throne of Grace.”

This may be early in the day or later in the evening, **or at any time that is possible.**

But one thing is sure, that **as we seek to draw close to God He will draw close to us.** James 4:8. And we shall be blessed by Him in every way. God is the Rewarder of those who seek Him. Hebrews 11:6.

Isaiah 55:6. “**Seek the Lord while He may be found, call upon Him while He is near.**”

Isaiah 55:7. “Let the wicked forsake his way and the unrighteous man his thoughts: and let him return to the Lord, and he will have mercy upon him, and to our God, for He will abundantly pardon.”

I suppose that the extreme situation, **where seeking to spend time with God is the most difficult**, is that described in Colossians 3:22-24, where Paul is addressing slaves. Slaves were the property of their master in Paul’s day, and had no private life or time. But Paul, under the inspiration of the Holy Spirit, tells slaves to do whatever their master tells them to do, to do it heartily as unto the Lord Jesus Christ, and not unto man, and they will receive the reward of the inheritance, as believers and servants of Christ. **God will make a way, where there is no way. All things are possible with God.** Mark 10:27.

Jesus is the Good Shepherd. John 10:11. We are His sheep. **As we draw close to Him we hear His voice.** John 10:27. He knows us. We know Him. John 10: 27, John 10:14. We are following Him. He is leading us. He is giving us eternal life and preparing us to live with Him for ever. John 10:28. We shall never perish and no one can pluck us from His hand. John 10:28.

We hear His voice. YES! It is amazing, but it is true. We hear the Lord speak to us. He who made the universe and keeps it all going speaks to us. We hear His voice as he speaks into our hearts. He may draw our attention to a Scripture. A Scripture may stand out on the page to us and this is the Lord speaking to us by His Spirit. It is a still small voice of comfort and peace. He speaks to us His words of faith. Romans 10:17. As we believe the words he speaks to us, Luke 1:45, proclaim them out aloud, 2Corinthians 4:13, Proverbs 18:21, Romans 10:10, Psalm 116:10, walk in them, James 2:17, and hold onto them, God’s life flows into us and we are made strong.

God’s life flows into us and we are made strong, as we hear the Lord speak to us, and as we believe it, proclaim it, and walk in it. God’s life flows through His Word into our hearts, by the Holy Spirit. John 4:14.

The Holy Spirit is our teacher. He is abiding in us. John 14:26, John 16:13, 1John 2:27.

We have a wonderful salvation in and through the love of the Lord Jesus Christ. Rejoice for ever, always, with all your heart.