



Make Space for God

By Lindsey Gendke

*If it feels like something is missing in your life,
follow this path,
and start feeling whole again.*

I needed a purpose to live. That's when I got serious about making space for God.

It happens to all of us at some point. We face a crisis we can't handle on our own. We need a higher source of help. We need wisdom we don't have. Maybe we just need better daily habits or thought patterns because we realize the ones we live by are slowly killing us.

For me, the struggle has always been negative thinking, which has led to depression in the past, and anxiety more recently. At age 25, after living on a roller coaster of depression for 10 years, I was desperate for better thoughts and habits; frankly, I needed a total life reset. I needed goals and a purpose to live. That's when I got serious about making space for God. I had nothing to lose, and everything to gain. And gain I did. I gained meaning and purpose for my life, and strength for each day by spending time in God's promises.

Today I am virtually depression free – but sometimes I still struggle, like we all do, with various anxieties, fears, and bad habits. For whatever reason, I'll let other things, other voices, other stuff crowd out God, and I have to go back to the basics.

If you, too, feel yourself going down a negative road, if life feels off-kilter, or if you just feel like something is missing in your life, perhaps there is a correlation between your relationship, or lack thereof, with God.

This year, make space for God. I don't know exactly what you stand to gain, but I do know this: He promises to give you peace (John 14:27), strength (2 Corinthians 12:9, 10), and life more abundant (John 10:10).

7 Ways to Make Space for God

Clear space in your schedule.

If you are serious about spending time with God, you'll have to sacrifice time you usually spend elsewhere: surfing online, watching N, etc.

Clear space in your thoughts.

Consider purging your books, music, movies, or social media-and setting aside anything that pulls you away from God.

Clear space in your home.

Perhaps you can spend your quiet time in a home office or prayer closet (think War Room). Perhaps, for a busy parent, you can simply clear the kitchen table at night so it's ready for a quick devotional in the morning.

Set aside one day a week to rest and recharge with God.

One of God's unchangeable Ten Commandments is to set aside a day for Him (Exodus 20:8-11). This restorative tradition started at Creation, with God resting on the seventh day, and has continued throughout Christian history.

Have a plan.

Try reading through one chapter of Psalms or Proverbs every day. Or read one page from a devotional book. Other possibilities include writing down three things you are thankful for every day, starting a Bible reading plan with daily assignments, or getting a prayer partner who can pray with you once a week. Life isn't always predictable, and plans can change, but it's better to have an intentional plan than not have one.

Take a nature walk.

Nature reveals God: "The heavens declare the glory of God; the skies proclaim the work of his hands" (Psalm 19:1). Especially since becoming a parent, I have found the outdoors a wonderful place to contemplate (and connect with) God, even when other channels aren't working. Plus, you can take the kids!

Be persistent.

Research shows it takes about three weeks for new habits, and new neural pathways, to form. Don't give up seeking connection with God even when you don't feel a difference. Let time, and God's Word, do its work.



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