

Abiding 103

Read the Chapters 15-21 of “Abide in Christ” this week

Listen to it free online: <https://librivox.org/abide-in-christ-by-andrew-murray/>

Read it free online: https://archive.org/details/abideinchristtho00murr_0/mode/2up

Practice: Abiding Now!

This week you will practice the *Game With Minutes* developed by Frank Laubach, a missionary to the Philippines in the 1920s and 30s. He was an early and influential figure for literacy around the world. You can read the whole “Game With Minutes” here:

<https://levaire.com/wp-content/uploads/2017/09/The-Game-with-Minutes-Frank-Laubach.pdf>

In short, here is the practice in Laubach’s words:

“Select a favorable hour; try how many minutes of the hour you can remember God at least ONCE each minute; that is to say, bring God to mind at least one second out of every sixty. It is not necessary to remember God every second, for the mind runs along like a rapid stream from one idea to another.

Your score will be low at first, but keep trying, for it constantly becomes easier, and after a while is almost automatic. It follows the well known laws of habit forming. If you try to write shorthand you are at first very awkward. This is true when you are learning to play a piano, or to ride a bicycle, or to use any new muscles. When you try this “game with minutes” you discover that spiritually you are still a very weak infant. A babe in the crib seizes upon every thing at hand to pull himself to his feet, wobbles for a few seconds and falls exhausted. Then he tries again, each time standing a little longer than before. We are like that babe when we begin to try to keep God in mind. We need something to which we can cling. Our minds wobble and fall, then rise for a new effort. Each time we try we shall do better until at last we may be able to remember God as high as ninety per cent of the whole day.”

My Practical Advice:

You can keep a “scorecard” on you while you practice this. Carry a small 3x5 card or other piece of paper and have a pen/pencil on hand. Each time per minute you are aware of God’s presence with you, make a tick mark on the paper. Set a timer for an hour and at the end of your hour count your marks. Record your “score” somewhere so you can watch your progress.

Try to do this in an hour that you are living life, not just practicing the Game With Minutes.

Another idea is to use an interval timer (you can find apps for your phone) where an alarm will go off in intervals. Use the alarm set for 1 min to be your reminder of God’s nearness.