

Alone with God for Men (Kevin Kolb)

Heroic men of the Bible were fearfully shaped by God, in deliberate alone time with him! Jesus chose to start his ministry this way, and we should too!

WHY?

As a retired NFL QB, father of 4 children, business owner, and church leader, the margin in my life seems to be shrinking at a rapid rate. Connectivity with my Father and His spirit are my top priority but this is often not reflected on my schedule. I was ready for a change, ready for an answer, ready for a reset- no more excuses! It was time to man up and do something I'd never done before, and wow, was it worth it!

James 4:8: "Come near to God, and he will come near to you."

#1: MEN OF THE BIBLE HAD HARD RESETS ALONE WITH GOD

Investigating the accounts of Abraham, Moses, David, Paul, Jacob, Isaac, Peter, or even Jesus himself, they clearly all have moments of resets with God alone. God spoke clear and direct identity into their lives during these times. He wants to do the same with you, but we must make ourselves available. Notice the verse above; it takes deliberate action on our part to draw near to our Father.

Jesus started his ministry in the wilderness. Jacob wrestled with God (a limp and a blessing to prove it). David found himself crying out from a cave. Moses was called to a mountain. Over and over, we see this theme of hard reset moments from God with our fellow man. I don't know about you, but these are my heroes and brothers, and I want to learn from them.

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Luke 4:1-2, 14-15 Gen 32: 22-32 Psalm 142 Exodus 19: 3-6

#2: WE NEED RESETS ALONE WITH GOD TOO

In a time and age when distractions are at an all-time high, it is not only crucial but urgent(!) to find these reset moments with God. I have found it increasingly more difficult, in today's world, to find true and quiet serenity with my God. Due to technology, travel, expectations, or even my own sin, these moments seem to diminish. Real men of God don't let these excuses cause them to fade away from the one true life source.

Think of it as five-alarm fire.... Defcon 1.....emergency status #3. The more aggressive the opposition, the more diligent and disciplined our gameplan must be! (that's the NFL QB coming out in me again) The noise has gotten so severe that without drastic movement on our part, we will suffer from spiritual starvation and disconnection.

Men, if this world doesn't have us to lead, protect, stand firm, and armor up alongside our master and commander's orders, then we will leave spiritual casualties throughout God's

streets. The only way to walk out an order or calling, is to first hear it. Your Father wants to speak his will over your life! He wants you to walk in your true identity and role for his Kingdom, but we must make ourselves available! Come with me, and let's get alone with God!

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#3 PRACTICAL PLAN, 5 DAYS ALONE WITH GOD

Below, I will lay out the plan for how I found an incredible alone time with God, one I will now repeat twice a year. I was challenged to 5 DAYS ALONE WITH GOD in the wilderness. Every man dreams about it. Every man desires it. Most men, like me, find some reason to fear it. Could I truly do it? How would I facilitate it? What about my responsibilities? Will I just feel guilty the whole time? Time to find out!

Rules of engagement:

1. No electronics: computers, TV, iPads, phones

- I even did away with clocks and watches; I wanted no measurement except my time with God.
- Break habits of "societal numbing."
- Emergency communication is important

2. Not too much survival:

- Rest and retreat are important
- Stayed in a cabin with generator power
- Felt survival could easily become a distraction from God
- Took quality food, tools, and essentials

3. No vehicles or transportation:

- Got dropped off and picked up at an agreed upon location. I wanted to walk like Jesus, and it worked!

4. Make it challenging in wordly areas you find comfort:

- Don't bring tobacco, alcohol, energy drinks, cokes, certain "comfort" foods. I chose no bread or chips- tea, coffee and water only.
- Cooked everything over a fire
- Hunted for all my meat with an open-sight rifle

5. Start and end every day in God's word and prayer:

- I would read God's word and study it diligently, then go back and read the same text in story form. Fascinating entertainment.

6. Pick one book to read:

- Suggestions: Wild at Heart, The God I Never Knew, Sacred Pace, Living Fearless

7. Set up a visitation from men who can encourage you:

- I chose the middle of the trip to fight loneliness

- Suggest 2-3men, 2-hour visit
8. Pick one day for a 24-hour fast
 - I did this before my visit so we could eat together; it's a bad idea! I was HANGRY!
 9. Go for a 1 hr walk or exercise every morning
 - a. The combination of God's word, exercise, and no distractions was special.
 - The Holy Spirit was loud and clear on these walks.
 10. Pick a task to perform.
 - Our blessing and our curse as men is hard work. We enjoy building, so we have a plan to build.
 - Limit it to no more 3hrs/day (remember the goal is no distractions)
 - c. I chose to trim trees along an old swimming hole
 11. Write letters, cards, journal, poems, etc to whomever is on your heart
 - Maybe this is a forgiveness letter, a love letter to your spouse, or an identity letter to your children.
 - I wrote a poem every day, a business plan I couldn't get down for years and my next preaching message. God spoke so clearly and truly.
 12. Keep inventory
 - Write down the questions, concerns, or truths God gives you
 - Make them staples moving forward and tell others about them immediately afterward

I was shocked at how quickly God spoke to me the message he wanted to instill in my heart....
 "Kevin, why do you only care about the product. You've been really good at production these last several years, now I want to teach you about the importance of the process! The sacrifice of Jesus(production) matters, but so does his ministry on earth (the process) because I had to teach you what it looked like. I want you to move thru life with a pace that can satisfy both, a Godly pace, my pace. Stop measuring everything in life that has no eternal value and pay attention to the lives I'm putting right in front of you."

Those were the words of my Father just moments into my first evening, and it only got better from there! (brings me to tears of joy just to write them again) I now have a standard of the communication God desires with his children, and when it's not met, I have a clearer understanding of why. Fellas, join me in this adventure and watch God show off as you just show up!