

ONE  
MINUTE  
ALONE  
WITH  
GOD  
FOR  
MEN

BOB BARNES



HARVEST HOUSE PUBLISHERS  
EUGENE, OREGON

Copyrighted material

Unless otherwise indicated, all Scripture quotations are from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011, by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com

Verses marked NKJV are taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Verses marked NASB are taken from the New American Standard Bible®, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. (www.Lockman.org)

Verses marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Verses marked KJV are taken from the King James Version of the Bible.

Verses marked TEV are taken from Today's English Version—Second Edition Copyright © 1992 by American Bible Society. Used by permission. The TEV is now: the Good News Translation (GNT) and verses taken from the Good News Translation—Second Edition © 1992 by American Bible Society. Used by permission.

*Cover by Dugan Design Group, Bloomington, Minnesota*

*Cover photo © Dugan Design Group*

## **ONE MINUTE ALONE WITH GOD FOR MEN**

Copyright © 2013 by Bob Barnes

Published by Harvest House Publishers

Eugene, Oregon 97402

www.harvesthousepublishers.com

ISBN 978-0-7369-5081-7

ISBN 978-0-7369-5082-4 (eBook)

### **All rights reserved.**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

### **Printed in China**

13 14 15 16 17 18 19 20 21 / RDS-GLD / 10 9 8 7 6 5 4 3 2 1

## Why One Minute Makes a Difference

We are so busy trying to keep up the hectic pace required to get things done that we often miss out on receiving the strength and leading we need from God in order to live our lives. Our short attention spans make us restless, and we want to move on to the next subject or the next show or the next activity. This is so common that many of us don't stay focused on God for more than a fleeting "help me" prayer.

If I told you that you had to commit to fifteen minutes a day, you might not want to give that much time to God. However, who doesn't have one minute? God sacrificed His Son on the cross for us; certainly we can sacrifice one minute of our time and attention. My desire is that you'll be so caught up in the versatility of the topics that you can't put the book down. You can skip around to various topics or read it in order. Either way, if you make this a regular commitment for at least 21 consecutive days, you will be forming a new healthy-faith habit. Hopefully a habit that will last a lifetime.

Men often ask me, "How do I live out my Christian faith?" The answer is found when you seek stories, wisdom, and insight from men who have experienced the ups and downs of the Christian walk. I've attempted to make this book very practical by using stories out of my life experiences or those that men can identify with. Enjoy your journey as you grow in learning how to live out the Christian faith.

Bob



## Contents

<b>One Minute Alone with God Prayer</b> . . . . .	15
Have You Left Your First Love? . . . . .	16
Lasting Joy. . . . .	17
Love Without Measure . . . . .	18
A Father's Open Arms . . . . .	19
Your Sins Will Find You Out. . . . .	20
Have a Pure Heart. . . . .	21
What Is in Your Heart? . . . . .	22
Honoring Fatherhood. . . . .	23
Becoming a Father to Honor. . . . .	24
Building on the Cornerstone. . . . .	25
<b>One Minute Alone with God Prayer</b> . . . . .	26
Godly Money Guidelines . . . . .	27
Cultivating Intimacy. . . . .	28
Protect Your Mind and Heart . . . . .	29
Stand Tall in Your Walk. . . . .	30
Be Strong in Grace . . . . .	31
Knowing the Voice of the Lord . . . . .	32
The Struggle of Being Tough and Tender . . . . .	33
Team Player. . . . .	34
BC (Before Christ) . . . . .	35
AC (After Christ) . . . . .	36
<b>One Minute Alone with God Prayer</b> . . . . .	37
Stay Flexible . . . . .	38

Be a Hero . . . . .	39
A Marriage Made in Heaven . . . . .	40
Labor for God . . . . .	41
Faithful Steward . . . . .	42
Where Is Your Treasure? . . . . .	43
Rules Give Freedom . . . . .	44
Why Read the Old Testament? . . . . .	45
God Teaches Fathers to Walk in His Light. . . . .	46
Be Sure to Check Your Oil . . . . .	47
<b>One Minute Alone with God Prayer.</b> . . . . .	48
It's Good to Have Your Car Washed . . . . .	49
Restoration . . . . .	50
Just Like New . . . . .	51
What I Do with Money . . . . .	52
Dollar Dos . . . . .	53
Dollar Don'ts. . . . .	54
Developing Strengths for Our Lives . . . . .	55
Growing When You Least Expect It . . . . .	56
Godly Traits Training: Part I . . . . .	57
Godly Traits Training: Part II. . . . .	58
Messes Are a Blessing. . . . .	59
<b>One Minute Alone with God Prayer.</b> . . . . .	60
Thoughts to Lift Your Spirits. . . . .	61
Excellent Marriage Principles: Part I . . . . .	62
Excellent Marriage Principles: Part II . . . . .	63
Be Humble in Spirit . . . . .	64

Be Afraid, but Go! . . . . .	65
Play by the Rules . . . . .	66
Sexual Love . . . . .	67
<i>Phileō</i> Love . . . . .	68
<i>Agapaō</i> Love . . . . .	69
<b>One Minute Alone with God Prayer</b> . . . . .	70
Pageant of the Masters . . . . .	71
Be in the “In” Crowd . . . . .	72
Your Value Through Grace . . . . .	73
Be a Man of Integrity . . . . .	74
Know God’s Ways . . . . .	75
Knowledge in Motion . . . . .	76
Fitting Together the Puzzles of Life . . . . .	77
The Power of One . . . . .	78
Be an Encourager in Life . . . . .	79
Drive-Thrus Not Allowed . . . . .	80
<b>One Minute Alone with God Prayer</b> . . . . .	81
How to Meditate . . . . .	82
Parenting Principles: Part I . . . . .	83
Parenting Principles: Part II . . . . .	84
Think Small . . . . .	85
Find Rest for Your Souls . . . . .	86
Give Your Burdens to God . . . . .	87
What to Do with Time . . . . .	88
Good Advice . . . . .	89
Remaining Humble in Success . . . . .	90

“Do You Love Me?”	91
<b>One Minute Alone with God Prayer</b>	92
Grace Is the Word	93
Soul Friends	94
A Father Who Trusts	95
Two A.M. Friends	96
Keep Your Ways Pure	97
Remembering PaPa’s Prayers	98
More Good Advice	99
A Friend Who Goes the Extra Mile	100
“Get Up”	101
How Good Is Good Enough?	102
<b>One Minute Alone with God Prayer</b>	103
Even More Good Advice	104
Be a Road Builder	105
We Are the Church	106
Money Matters That Matter	107
Your Mighty Creator	108
Filled Up	109
Partnership	110
When You Want to Ask “Why?”	111
What’s Number One?	112
Be Transformed	113
<b>One Minute Alone with God Prayer</b>	114
Remember the Great Moments of Life	115
Find Your Target	116



What to Put On First . . . . .	117
Spiritual Wardrobe: Part I . . . . .	118
Spiritual Wardrobe: Part II . . . . .	119
I Am the Clay . . . . .	120
Be a Home Builder . . . . .	121
She Touched Me . . . . .	122
Job—the Hero . . . . .	123
Time for God . . . . .	124
<b>One Minute Alone with God Prayer</b> . . . . .	125
Do You Really Believe? . . . . .	126
Renewed Spirit . . . . .	127
How to Talk to God . . . . .	128
The True Source . . . . .	129
Don't Keep Worrying . . . . .	130
A New Creation . . . . .	131
Time to Move On . . . . .	132
Things Not Seen . . . . .	133
The Power of the Cross . . . . .	134
<b>One Minute Alone with God Prayer</b> . . . . .	135
Wait on the Lord . . . . .	136
Learning Curves . . . . .	137
What Do You Chase After? . . . . .	138
My Peace I Give You . . . . .	139
A Surprise Gift . . . . .	140
Good Old Cowboy Advice . . . . .	141
Remarkable Spirit . . . . .	142

How Full Is Your Glass? . . . . .	143
Keep Filling Up . . . . .	144
A Man of God . . . . .	145
<b>One Minute Alone with God Prayer . . . . .</b>	<b>146</b>
Be Alert . . . . .	147
Stand Firm in the Faith . . . . .	148
Act Like Men . . . . .	149
Be Strong . . . . .	150
A Blessing or a Curse? . . . . .	151
Christian Marriage . . . . .	152
Psalm of Praise I . . . . .	153
Psalm of Praise II . . . . .	154
Psalm of Praise III . . . . .	155
Holy Source of Comfort . . . . .	156
<b>One Minute Alone with God Prayer . . . . .</b>	<b>157</b>
Enemies of Peace . . . . .	158
Fix Your Eyes on God . . . . .	159
Become an Imitator . . . . .	160
When Adversity Strikes . . . . .	161
Celebrating What Remains . . . . .	162
Goodness or Grace? . . . . .	163
A Life of Praise . . . . .	164
Yet I Will Rejoice . . . . .	165
Believing, Growing, Changing . . . . .	166
<b>One Minute Alone with God Prayer . . . . .</b>	<b>167</b>

## One Minute Alone with God Prayer

Father God, I am on the journey of life with You. It is an adventure, a challenge, and a privilege to become the man You have created me to be. I'm thankful to have You in my life. As I walk this devotional path in the next days and weeks, I long to get to know You and to be known by You completely. What do You see in my heart, Lord? Where do You want me to go from here? In what ways do You want me to encourage my family and friends in their walks with You?

I want to grow in Your strengths and purposes. I've had seasons of feeling stuck. But I'm eager and ready to invest my heart and soul in discovering how to be a man of God. Amen.

## Have You Left Your First Love?

*I hold this against you: You have forsaken the love you had at first.*

REVELATION 2:4

Can you remember the excitement you felt when you first responded to the call of Jesus? I know I can. I was 12 years old, and it was on Easter Sunday. Our wonderful Sunday school teacher finished each lesson encouraging us to accept Jesus as our personal Savior. On that special Sunday, I responded to the pastor's invitation to become saved. That decision made it possible for me to make all my other decisions in life.

Many times I ask myself, "Why do I do what I do?" I realize that sometimes I'm doing good things but for the wrong reasons. Jesus taught that we aren't to do good to gain heaven. Our love for Jesus should motivate our works.

Paul told the church in Ephesus that he'd heard of their love of their faith and the love for all the saints (Ephesians 1:15-16). However, 30 years later, John, the writer of Revelation, was reproving the church for abandoning their first love. They were doing a lot of good things, but not out of love for Him. Do a reality check and see why you do what you do. And then let that powerful love you first had for God guide your days.

*Father God, may my actions reflect my first love for You. Guide me in eliminating any wrong motives for doing good works. I truly want to be motivated by faith in You. Amen.*

## Lasting Joy

*He put a new song in my mouth,  
a hymn of praise to our God.*

PSALM 40:3

Now that our children are grown and our grandchildren are almost grown, Emilie and I have time to reminisce about the first days of school, graduation ceremonies, sporting events, birthday parties, holidays, and weddings. What a gift of delight these memories are.

What would life be like without the joy? Even with all the happy occasions you have experienced, God is the one source of lasting joy. When we come before God with an open heart and words of confession, He is just and will forgive us of all unrighteousness (1 John 1:9). In the emptying of our old self, God gives us hymns of praise and a new song, one written just for you. This is eternal joy, my friend.

When the children are gone, or when you are spending longer stretches at home on your own, what will you hear? I hope it's the echo of past laughter, the ringing in of new celebrations, and the joy of eternal salvation through your sweet Lord.

*Lord, let me take time to savor the daily joys with my family. And give me gratitude for Your gift of eternal life. This is my source of joy forever. Amen.*

## Love Without Measure

*Love is patient, love is kind. It does not envy,  
it does not boast, it is not proud.*

1 CORINTHIANS 13:4

To love as Christ loved is to love without measure. Paul, the apostle, describes the Christian view of love for the Corinthians. Look at the attributes listed in 1 Corinthians 13:4-8:

- Love is patient.
- Love is kind.
- Love is not jealous.
- Love doesn't brag.
- Love is not arrogant.
- Love does not seek its own.
- Love is not provoked.
- Love does not get even.
- Love does not rejoice in sin.
- Love rejoices with truth.
- Love bears all things.
- Love believes all things.
- Love endures all things.
- Love never fails.

This life-changing love will impact all that you say, do, and believe. Love your wife, family, friends, and strangers with this love without measure.

*God, let me love without measure. We live in a world that wants to put a quantitative scale on love. I want to love as You love. Amen.*

## A Father's Open Arms

*I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents.*

LUKE 15:10

One of the great stories in the New Testament is that of the prodigal son, found in Luke 15:11-32. I encourage you to read this story of a father's great love. The younger son asked his father for an early inheritance so he could leave home and live a life of pleasure without restriction or responsibility. And the result? He lost all of his money and ended up wallowing with the pigs. In the pit of despair, the son realized he was living a sinful life.

The son returned home telling his father that he was no longer worthy to be his son. So imagine his shock and joy when his dad ran to embrace and kiss him with great compassion and forgiveness.

Do you relate to the father or to the son? Maybe you relate to the older son and have remained dutiful to your family or your job while watching another person mess up and then receive forgiveness. No matter who you relate to in this story, we should embrace its message of love's capacity to overcome human failings.

*Lord, help me become a man who seeks Your unconditional love. Protect me from pride or jealousy so that I come to You with my every weakness and am quick to forgive others. Amen.*

## Your Sins Will Find You Out

*Nothing in all creation is hidden from God's sight.  
Everything is uncovered and laid bare before the eyes  
of him to whom we must give account.*

HEBREWS 4:13

In my morning newspaper, I read that another well-known personality has fallen. Like so many fallen icons before him, he thought he could hide his behavior from his inner circle.

My mother used to tell us boys, “Be careful—your sins will find you out.” I’m sure that this man’s mother told him the same thing. Even if we are able to hide our sin from the people around us for a while, nothing is ever hidden from God’s sight. God sees everything we do and think.

If we find ourselves in an act, a thought, or a lifestyle that we need to confess, I have relied on a great verse that helps me “rebound” from a secret that I am trying to hide from God and others: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9).

Don’t let unconfessed, so-called hidden sins come between you and God.

*Father God, I thank You for this revelation that I can escape my secret sins—You are here to give me a way out of darkness and back into the light. Amen.*



## Have a Pure Heart

*Finally then, brethren, we urge and exhort in the Lord Jesus that you should abound more and more, just as you received from us how you ought to walk and to please God; for you know what commandments we gave you through the Lord Jesus.*

1 THESSALONIANS 4:1-2 NKJV

Purity is becoming rather obsolete in our culture. There was a time when we were challenged as young people and adults to live a life of purity. We could look up to athletes, pastors, and politicians as our role models because many of them embraced a life of purity and integrity. That seems to be less true all the time.

Even those of us who claim to be followers of Jesus often sidestep every scripture that teaches us to seek purity. But a pure heart is the byproduct of living out in real life what Scripture tells us. It's time for us to be a positive witness for whom and for what we stand.

Humble yourself to recognize the righteousness of God. Be willing to have a pure heart.

*Father, I want a heart that knows and loves You. One that is pure in spirit. I want to be a doer of Your Word. Amen.*

## What Is in Your Heart?

*You are already clean because of the word I have spoken to you.*

JOHN 15:3

After one of my wife Emilie's speaking engagements, a lady stood in line to have Emilie autograph a copy of her book. As the woman watched Emilie sign the page, she said, "I like your books because they are clean." Emilie replied, "Thank you. It's not hard for me to write clean stories because that's the way I think."

The computer era has a saying: "Junk in junk out!" You are what you think and take in. Our speech and actions flow from the inside out. Is your heart clean? I recently read a quote from John Wesley from around 1730 on this subject, and he states that believers are "purified from pride by the deepest poverty of spirit; from anger, from every unkind or turbulent passion, by meekness and gentleness; from every desire but to please and enjoy God, to know and love him more and more." Examine what is going into your heart and mind each day. Immerse yourself in God's promises and commands. Experience the power of a heart that seeks to know and love God more each day.

*God, thank You for Your grace and redemption. Give me a hunger to be filled with Your truth and mercy. Let all that flows from my heart be pleasing to You. Amen.*