

SPENDING TIME WITH GOD

One of the most amazing privileges as a believer in Jesus is that we have access to the Living God (Eph. 2:18). The One who spoke the universe into existence allows us to spend time with Him. That's crazy!

Spending time with God first starts with a *desire* to do so. If you don't feel a desire to spend time with Him, then you can ask Him to put that desire in you. But don't wait for the desire to come, still spend time with Him anyways while you wait to "feel it". Along with desiring to spend time with God, we often times need a clear plan on when and where we will do it. So get practical and select a location and a time that you will connect with God. Our encouragement for "where" is an undistracted place and for "when" in the morning! But really, anytime of the day is a good time to connect with God. Asking a friend to keep you accountable to the plan you create often helps you be more consistent.

Lastly, and what this resource is primarily for, is answering the question "how do I spend time with God?" Or another way to say that question is, "what do I do during my time with God?" These are great questions and there really is not one right answer. However, scripture does give us a few clues on things that we can do during our time with God that can help us connect with Him. Below are four helpful aspects of spending time with God that can really help you have an engaging time with the Lord!

WORSHIP

Psalm 100:1-5

- Thankfulness
 - Either write in a journal or talk out loud to God and tell Him 10 things you are thankful for.
- Declare who God is
 - In a journal, write 10 different aspects of God's character and declare them out loud.
 - For example: "God, You are *Holy*. God, You are so *Merciful* and *Loving*."
- Sing a worship song
 - Put in your airpods or get in your car, and put on 1-2, or if you have the time, 5 different worship songs and sing out loud to the Lord!

WORD

Proverbs 2:1-5

- Read a chapter in the bible and write down...
 - What you learned about God
 - What you learned about humanity
 - What you need to apply from what you read
- Don't forget to interact with God as you read...He's the Author of the Bible and our goal is to connect with Him!

PRAYER

1 John 5:14-15

- Make a list of specific people, things, nations, or "entities" that you want to pray for consistently
- Pray over them, asking God's will to be done and anything else that God gives you to pray.

LISTENING

John 10:2-4, 27

- Quiet yourself and be still before the Lord
- Ask Him questions such as...
 - God, is there anything You want to speak over my day today?
 - Lord, what do You think about me today?
 - Lord, is there anyone you want me to pray for or encourage today?
- Close out your time thanking Him for anything He spoke to your heart and then ask Him to fill you with the Holy Spirit today!