

Q4 Spiritual Quest

A Plan for Daily Time with God



MORNING -- Time with God

- *If possible, your time with God in the morning should happen before you look at your email, social media, television, or the news. **Make it a habit to listen to God before you listen to the world** each and every day.*
- *If you already have a Bible reading and prayer structure in place -- and it works for you -- by all means stick with that plan. The following ideas are intended for those who've not yet established this practice, or those who want to step up their game.*
- *Ideally, you should perform the exercises in the morning and evening by writing things down on paper, computer, or phone. This will help you be more clear, and you'll have a written record of passages and insights you've taken in during this quest. But some people don't like writing things down, and some of us may do these activities in places where it doesn't work to write. That's okay too. Whether you write out your thoughts or focus on them mentally, the key is that you take the time to go over them.*

1. Prepare. Take several deep breaths to calm your heart, and ask God to open your heart and bless this time.

2. Read a section of Scripture. (If you don't have a current reading plan, use the plan supplied, which involves reading a chapter from the New Testament.)

3. Select a verse or two from the Scripture reading that seems especially interesting or significant to you. Trust that the Spirit is drawing your attention to this because there's something here for you to learn. This is your message of the day. It can even be a word or phrase. Think of this as God's message or the Spirit's prompting for you today.

4. Meditate on the verse. Then do three things ... ideally write them down, but if you're unable to do so, it can also work to simply do this mentally:

Step 1 -- *Write out or type the verse.* If just doing this in your mind, repeat the verse several times in your mind. If you can, try to do this from memory.

Step 2 -- *Rewrite -- or at least restate -- the verse, in your own words*

Step 3 -- *Answer this question:* If you were to assume that this is God's message to you today, what do you need to do in your life in order to obey it? In other words, how does this impact or change your life? What does it mean to 'live this out'?

Step 4 -- *Take the verse with you throughout the day.* You can do this by writing the verse on a notecard that you keep in your pocket, or writing it on your calendar or planner, or writing it in a notes file on your smartphone. Then, at various times during the day, look again at the verse, and keep thinking about its message for you today.

5. Pray, using what you've read and meditated on to guide your prayer. If you want some help and guidance for your prayer time, think in terms of completing three sentences:

- *Lord today I thank You for ...*
- *Lord please forgive me for ...*
- *Lord please help me with ...*

EVENING -- Time with God

Just before going to bed, answer the following questions. As with the morning time, it's great if you can write your answers down in a journal. Otherwise, you can also do this mentally while laying in bed, before drifting off to sleep.

(a) Thankful for: What are two or three things you're thankful for from the day?

(b) Give over to God: What is something -- or things -- that you need to "sign over to God's care" while you sleep?

(c) Learn: What did you notice or learn today about God and/or the spiritual life, in connection with this spiritual quest?