

How to Spend Time with God

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. Mark 1:35 (NIV)

Intimate relationships are cultivated over time. There are no shortcuts. Our relationship with God is no different. Spending time with God helps us hear His voice, know His heart and live life with a greater sense of peace and joy. God wants a personal relationship with you. The goal is conversation and intimacy, so that walking and talking with God become the most natural thing you do.

PICK A PLAN

There are many ways to spend time with God, but it can be helpful to have a plan. Find a plan that works for you. Here's one method many people find helpful.

S Scripture

What verse or section stands out to you from the passage? The simple act of re-reading, writing it out, and meditating on it will give you a moment to consider what the Holy Spirit is showing you and allow God's truth to sink in.

O Observation

What stands out about the passage? Is there anything you haven't noticed before about the characters, the context, or the details of what is happening? What might the Holy Spirit be revealing to you?

A Application

Consider how you can apply this truth to your life. Is there something the Holy Spirit is putting on your heart to change? Is there anything you are led to do after this reading?

P Prayer

Pray about what you've read and how the Holy Spirit is leading you. Thank God for His truth and faithfulness. Ask Him for understanding and wisdom. Submit to the work that the Holy Spirit is doing in you.

OTHER THOUGHTS ABOUT SPENDING TIME WITH GOD

Establish a regular place and time – We are creatures of habit. If we know when and where we will meet with God, we are much more likely to do it. Build it into your daily schedule. If this is new for you, start small, commit to it and God will grow it.

Be honest with God – He already knows what you're thinking and feeling. God wants an authentic relationship with you.

Minimize Distractions – Though it's not possible to eliminate them all, we can take steps to help maintain our focus. Take time to silence the noise, and calm your heart and mind.

Use a journal – You can write your prayers to God. You can list concerns or what you're grateful for. You can write the first thing that comes to mind when you consider what God is doing in your life.