

# God Time

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## WHY

- We want to have a deeply meaningful relationship with Jesus
- The problem is that many of us have never been shown how to practically grow in our relationship with Jesus. Often times we end up settling for experiencing Jesus just a handful of times a month. We were made for much more!
- God Time will be a guide to help you have a deeper relationship with Jesus by reflecting on God's Word for meaning in your life
- "Nothing has a greater impact on spiritual growth than reflection on Scripture... If churches could do only one thing to help people at all levels of spiritual maturity grow in their relationship with Christ, their choice is clear. They would inspire, encourage, and equip their people to read the Bible—specifically, to reflect on Scripture for meaning in their lives... The Bible is the most powerful catalyst for spiritual growth. The Bible's power to advance spiritual growth is unrivaled by anything else we've discovered." - MOVE: What 1,000 Churches Reveal About Spiritual Growth

## HOW

- How to use God Time
  1. Have a consistent time to meet with God
  2. Have a consistent place to meet with God
  3. Have a consistent plan to guide your time with God
- Start reading God's Word daily
- Don't rush through your time with God just to check the box. We need unhurried time with God
- If you miss a day it's okay! Find moments throughout the day to talk to Him
- Use the structure, don't let it restrict you. Find the way you best connect with God
- Today is the time to start! Imagine the impact daily time alone with God will make. You will experience overflowing joy, become a more loving person, and find the strength to endure the struggles of life. God will become your greatest treasure.
- Open your Bible and journal. Ask the Holy Spirit to teach you.

## WHAT

- To spend daily time with God use the acrostic M.A.P.S.
- Read 1-3 chapters. Then focus in on one specific verse(s) that the Holy Spirit impresses on your heart. Once you find that verse(s) now use the steps below to slow down and reflect.

## MEDITATE

1. Emphasize a Different Word Each Time

Ex. "For nothing. For nothing is impossible. For nothing is impossible with God."- Luke 1:37

2. Picture Yourself as a Character in the Story

Ex. "I am Mary. An angel appears and tells me a virgin that I will give birth by the Holy Spirit. I feel perplexed. I am thinking this is crazy! I would say no way prove it."

3. Paraphrase the Text in Your Own Words

Ex. "If God says He will do it then it's going to happen so I should trust Him."

## APPLY

- Take what you meditated on and write down how you will obey God's Word in your life

- Head (My thoughts)-

Ex. "I need to be fully convinced that God can do anything."

- Heart (My desires)-

Ex. "I need to desire the faith that takes action knowing God will do the impossible."

- Hands (My actions)-

Ex. "I need to go sow the gospel broadly and confidently knowing God will bring people to faith."

- If you're struggling to figure out how to apply what you meditated on to your life, here is a list of questions you can use to find an answer.
- Do I have an attitude I need to adjust? Is there a promise I need to claim? Do my priorities need to change? What lesson is there to learn? What issues in my life do I need to resolve? What command do I need to obey? What activities do I need to avoid? What truth do I need to believe? Is there an idol in my life that needs to be torn down? Is there someone that has offended me I need to forgive? Is there a new direction I need to take? Is there sin I need to confess?

**PRAY**

- Have a conversation with God using what you read as a starting point  
Ex. "God, I'm about to have a conversation with my doctor today and I'm afraid. I know nothing is impossible with You. Help me to trust that you love me no matter what the diagnosis says."

**SHARE**

- Write down the name of one or more people you will commit to share with today  
Ex. "I will share with my sister who is going through a hard situation that with God nothing is impossible."