

How to Have a Time with God

“Jesus answered, ‘It is written: “Man shall not live on bread alone, but on every word that comes from the mouth of God.”” -Matthew 4:4

What does this verse tell us about the importance of time with God?

Just like we need to nourish our body every day with food, we need to nourish our spiritual life every day with God’s word. That’s why one of the most important things you can do as a Christian is have personal time with God every day. Here are some reasons to have a daily time with God:

1. Jesus spent daily time with God. *“But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray.” -Luke 5:15-16*
Even though Jesus is God in the flesh, he frequently nourished his relationship with the Father. He is our ultimate example of how to live a godly life. He spent time alone with God as a daily habit and also before important decisions.
2. It nourishes your soul. Like Matthew 4:4 says, our souls need spiritual bread and that comes through God’s word to us. God speaks to us through the Bible, so that we can be encouraged by remembering God’s promises, challenged to step out in faith, warned against temptation to sin, and know God’s commands so that we can better love him.
3. It helps you know God’s will. *“Your word is a lamp to my feet and a light to my path.” -Psalm 119:105*
Knowing God’s will isn’t about waiting for a sign from heaven or getting a certain feeling. It is first of all about knowing what God says in his word. If we want to know how to live our lives and how to make decisions, we need to go to God’s word to hear him speak.

How do you have a daily time with God?

1. Pick a place and time. It’s important to choose a place that is free of distractions where you will be able to go every day in order to focus on your time with God. Do whatever you have to in order to be able to give God your full attention, whether that means leaving your apartment or dorm, putting your phone on airplane mode, or whatever. The time of day you choose to spend with God can also be important. It’s often helpful to start your day in the Bible, but some people choose to do it at night or in the afternoon. Whatever you choose, make sure it’s a time when you are free every day.
2. Pick a reading plan. The Bible isn’t just a book of one-liners and zingers. Each book has a specific flow to it, whether it is a book of history like Genesis, teaching, like Paul’s letters, or poetry, like the psalms. Reading through the Bible helps you get the full scope

of God's plan of redemption. As you read, you'll make connections and see new things that you would never see if you chose randomly each day what to read. There are lots of good reading plans. You can search for them online or use one of the reading plans on the Bible app. The CBR plan is a good place to start (download the app).

3. Pray. Before you start each day, pray for God to open his word to you and help you understand. Pray over what you are reading. This is a conversation. As God speaks to you through his word, speak back to him what you are learning, thinking, and feeling.
4. Use a journal. One thing that helps maximize your time in the Bible is writing down what you learn and what you're praying about. There are multiple ways to journal. One useful acronym is SOAP.
 - a. Scripture - Write down the verse or passage that most sticks out to you.
 - b. Observation - What does the passage say? What does it mean?
 - c. Application - What should I do in response to this?
 - d. Pray - Respond to God.

Remember, it's not about being legalistic. If you miss a day, God won't love you any less, and if you have time with God every day, he won't love you any more than he already does. Your relationship with God is through the death and resurrection of Jesus, not through your obedience.

Let's do one together: Look up James 1:19-25

Scripture: _____

Observation: _____

Application: _____

Prayer: _____

