

# Time with God

**Matthew 4:4** “Jesus answered, ‘It is written: “Man shall not live on bread alone, but on every word that comes from the mouth of 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 benefits of having a daily time with God:

1. **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.

2. **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.

3. **We get to follow Jesus’ example.**

*“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.

How do you have a daily time with God? Here are some practical tips for you to try:

1. **Pick a place and time.** It’s important to choose a place that is free of distractions and consistently available in order to focus on your time with God. The priority is to give God your full attention, that could mean leaving your busy apartment or dorm, or putting your phone on airplane mode. The time of day you choose to spend with God can also be important. It’s often more helpful to start your day in the Bible, but the most important part is being consistent.

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, discourse 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. The CBR plan is a good place to start, it even comes with an 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 with what you're 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. One useful acronym is SOAP:
  - Scripture** - Write down the verse or passage that sticks out to you.
  - Observation** - What does the passage say? What does it mean?
  - Application** - What should I do in response to this?
  - 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:

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Observation:

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Application:

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Prayer:

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