

# Connect *to join, link, or fasten together; unite or bind*

Who in your life are you closest to? Why?

What element does quality time play in the strength of your relationships?

## **Developing your personal time with the Lord**

The primary purpose for a “quiet time” (a.k.a. connect time, personal devotions) is to fellowship daily with our Father. This is one of the greatest priorities a Christian has. A Quiet time is a time alone with God each day to refocus our life according to biblical truth, and to apply His power to the concerns of our day. We need to see where we have failed, and allow the Holy Spirit with the Word to transform our lives into His perfect will. Our time with the Lord should regroup our forces after the battle of the previous day, and it should prepare us for the next day’s challenges. It is a time spent hearing from God in His word, confessing sin, thanking and praising Him, asking Him for our needs and desires, committing the day to Him, and consciously beginning our day being filled with the Spirit.

What was Jesus’ habit revealed in Mark 1:35 and Luke 5:16?

What was King David’s example in Psalms 5:3?

What does God promise to do if we draw near to Him in James 4:8?

What did Jesus commend Mary for in Luke 10:38-42?

## **Suggestions for how to spend time with the Lord in His Word**

Pick a book of the Bible and read a chapter a day. Before reading that chapter make sure Christ is on the throne.

**Read:** Make note of the things that stick out to you.

**Paraphrase:** Sum up the chapter in your own words.

**Principles:** Write down a couple principles that stick out to you. (Remember to let Scripture interpret Scripture.)

**Process:** Ask God why He brought these ideas to your mind and write down the things that come to mind. What does this verse show you about God’s character? What does this verse show you about mankind? Put yourself in this situation, what would you be thinking and feeling? What does this relate to in your personal day to day life? What is one way you can respond to what God has brought to your mind?

**Personal Application:** How does the above relate to your personal day to day life? How can you trust & depend on the Lord with it today?

## **Tips for having personal time with the Lord**

**a. Schedule it.** If your quiet time is not scheduled it will very likely be cut short, interrupted or forgotten. When we get busy our quiet time often becomes the first thing to go. Make your time with God your highest priority.

**b. Allow sufficient time.** Quality quiet times require time. If you rush through your time with God it will become religious, boring and unfruitful.

**c. Be alert.** Do whatever it takes to be alert during your time with the Lord. Some possible ways of making sure you're alert:

- Get plenty of sleep the night before (go to bed early enough to make sure you'll have enough rest).
- Have your quiet time away from bed (not under your covers).
- Take a shower.
- Drink coffee or tea, have breakfast.
- Pray that God will help you focus.

**d. Have someone keep you accountable.** Set up a system. One idea is to find someone who can call you (or someone you can call) every morning to remind you.

**e. Be alone.** Spend your time with God alone, between you and Him only. Jesus did this (Matt.14:23). This includes not hanging out with C.S. Lewis or another Christian author.

**f. Have a distraction free place.** Have your quiet times in a distraction free place (not in the cafeteria or coffee shop), where you will be able to focus on God without interruption. Jesus did this also (Luke 5:16).

**g. Ask questions.** God says, *"Call to Me and I will answer you and tell you great unsearchable things you do not know."* Jer. 33:3. Ask questions like, *"What does this show me about God?"*

**h. Read it daily.** It is better to set aside fifteen minutes every day to let the Bible affect you, than to try to manage an hour a day but to fail most of the time. Start with an amount that realistic every day and then continue to have that time get longer.

**i. Read it systematically.** If you read at random, you will tend to read only the parts you like and miss large portions that are unfamiliar or seem uninteresting. If you read at random you will get an unbalanced view of God. Instead, read straight through whole books. Alternate between the New and Old Testament.

**j. Keep a journal.** Writing down what God is teaching you will help you remember it and be able to share it with others. It will also be a place you can go back to and remember how He worked in your life and prayers He answered.

**Right now take 15-30 minutes to have a “quiet time”.**

**Throne Check:** Make sure Christ is on the throne of your heart and ask God to show you what He wants to.

**Read Isaiah 40:** make note of the things that jump out at you as you read.

**Paraphrase** the chapter and make note of the things that stick out to you.

**Process:** Ask God why He brought these principles to your mind and write down the things that come to mind. What does this verse show you about Gods character? What does this thought show you about mankind? Put yourself in this situation, what would you be thinking and feeling? What does this relate to in your personal day to day life? What is one way you can respond to what God has brought to your mind?

**Personal Application:** How does the above relate to your personal day to day life? How can you trust & depend on the Lord with it today?

Come up with a plan of how you can spend time with God in His Word like this every day.