

FOUNDATION DISCIPLESHIP RESOURCES

TIME WITH GOD

God has invited each one of us to be close to Him. If you want to be close to someone, you need to spend time with them. In the same way, if you want to have a close relationship with God, you need to set aside time just for Him daily. Worship, prayer and reading the Bible are helpful ways to spend time with God.

.....

WHAT DOES THE BIBLE SAY?

John 15:5 says that apart from God we can do nothing. The Bible is God's word to us and He uses it to speak to us today. The point of the Bible is to lead us to relationship with Jesus (John 5:39-40). Usually, time with God will include worship, prayer and reading the Bible.

Worship

Colossians 3:16 says, *"Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms, hymns and spiritual songs, singing with thankfulness in your hearts to God."*

(see also: Psalm 98:1; Psalm 100:4; Hebrews 4:12; Psalm 119:54; Psalm 50:23)

Jesus teaches us in Matthew 6:9 to begin prayer with adoring God, or worshipping Him. Worship includes declaring who God is and truth from His word, singing, and thanksgiving.

Prayer

Matthew 6:6-14 teaches us how Jesus prayed. *"But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask Him. Pray then like this: 'Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.'*

Jesus teaches us that prayer includes adoring God, worshipping Him, confessing sin, asking forgiveness, thanking God, and seeking Him. John 8:47 says that if we belong to God, we can hear what He says.

Bible Study

The Bible is God's word to us and He uses it to speak to us today. All Scripture is from God, eternal, and relevant to us today. The point of the Bible is to lead us to relationship with Jesus. Psalm 1:2 tells us to meditate on His law day and night. Meditating on the Bible is not the emptying of one's mind, but rather setting and filling of your mind with thoughts of God.

(see also: Psalm 119:99, Psalm 19:14, 1 Timothy 4:15; Psalm 119:89-91, 2 Timothy 3:15-17; John 5:39-40)

HOW CAN YOU RESPOND?

Developing a habit of spending time with God will lead you into a ministry that not only changes you but the world around you! For more helpful information on spending time God refer to our *Seeking God: Cultivating Intimacy With Him* resource.*

Start By Worshiping The Lord

Worship the Lord by quoting scripture, through song, worshiping to an album or playing guitar. The goal is to focus your heart on Jesus, the author and perfecter of your faith, and to allow you to rejoice in God's goodness and His faithfulness to fulfill His promises.

Meditate On The Father, Son And The Holy Spirit

You may find the following scriptures helpful : *Psalm 139:13-17; Hebrews 1:1-3; John 16:7-16*

Pray For...

Intimacy with Christ, power to walk with God and for any specific needs you or others might have.

Family: Parents, children, spouse, siblings, etc.

Leaders in your life: Lifegroup leaders, church leaders, government leaders, etc.

Peers: People in your Lifegroup, friends, roommates, classmates, co-workers, etc.

The unreached nations of the world and for those you know who do not have a personal relationship with Jesus.

Prayer for the veil of unbelief to be lifted from their eyes, taking away any strongholds that are keeping them from knowing Christ.

As you pray, listen as well. God will speak to you and give you direction for your life.

Spend Time Learning To Listen To The Lord

Ask God if there is anyone you need to encourage or if there is any area of your life that is not totally submitted to Him. Keep a journal, noting what God is saying.

Read And Memorize His Word

Start by reading a chapter of the Old Testament and a chapter of the New Testament, or you could read through the Bible in a year (see our *Seeking God: Cultivating Intimacy With Him* resource* for a helpful guide). Pick a scripture verse or passage to memorize each week and read it daily.

End Your Time Praising God, Thanking Him For His Goodness And Asking Him To Help You Abide In Him All Day Long

*additional resources available at our info table, website and church office