

Deepening Your Devotional Life

Renewal 2011 Conference

What is a quiet time (devotional)?

Why have a daily quiet time?

Psalm 63:5(a); Isaiah 55:2; and Matthew 4:4

- To _____ our souls

Psalm 119:105

- To receive _____ (truth, direction, etc.)

Psalm 145:18 and James 4:8(a)

- To be _____ to God

Isaiah 55:9

- To know God's _____ and to get His _____ on things

Isaiah 55:10

- To feed _____ (seed for the sower)
- To feed _____ (bread for the eater)

Matthew 7:24-25

- To grow in _____
- To have a _____

Matthew 11:28-29

- To find _____
- To _____ from Jesus

John 15:5

- To be _____ Christians

John 17:17

- To be made _____

Romans 12:2

- To be _____ by God
- To experience God's _____

Philippians 3:10

- To _____ Christ
- To become _____ Christ

Colossians 3:2

- To view things from an _____ perspective

2 Timothy 3:16-17

- To grow in _____
- To point out _____ in our lives
- To be _____ by God
- To be _____ by God's Word
- To be _____ by God

Hebrews 4:12

- To keep me _____

Hebrews 5:14

- To distinguish _____ from _____ (right from wrong, truth from error)

1 Peter 2:2

- To grow in _____

What are some hindrances to having a daily quiet time?

Mark 4:18-19

- The pursuit of _____

Luke 10:38-42

- _____

What are some consequences of not having a daily quiet time?

How to have a quiet time

"My soul thirsts for God, for the living God. When can I go and meet with God?"
– Psalm 42:2

P _____

R _____

A _____

Y _____

As you READ, look for "SPECKs" ...

S _____ to confess (Psalm 139:23-24; 1 John 1:9)

P _____ to claim (2 Peter 1:4)

E _____ to follow or avoid (1 Corinthians 11:1; Hebrews 4:11)

C _____ to obey (Joshua 1:8)

K _____ to incorporate (John 8:31-32)

As you PRAY, think about the "ACTS" acronym...

A _____ (Hebrews 13:15)

C _____ (1 John 1:9)

T _____ (1 Thessalonians 5:18)

S _____ (Philippians 4:6-7)

Other things you can do...

- Keep a quiet time _____
- Keep a _____ with short-term and long-term requests
- Review _____ verses
- Listen to _____ music
- Spend _____ with God

What helps you to _____ with and _____ from God?

Hamburger Illustration

The two main components of a quiet time are _____ and _____.

Put it into practice!

Read Psalm 1.

Draw a picture of verse 3.

How do you become the person in verse 3? (The answer is in verse 2!)

Warnings...

James 1:22

Do not merely _____ to the word, and so deceive yourselves.
_____ what it says.

1 Cor. 8:1(b)

Knowledge _____ up, but love _____ up.

Application

Write down your plan of action.

By God's grace and with His help, I make the following commitment...

- How often will you meet with God?
- What time of day will you meet with Him?
- How much time will you spend with God?
- Where will you go so you are not disturbed?
- What will you do during this time?
- Who will you ask to hold you accountable? (Who will encourage you to keep your commitment?)

KEEPING A SPIRITUAL JOURNAL

Throughout this course you will have experiences in your spiritual life that you will want to record for later reference. When God does speak to you you will want to write down what He has said. You also will be given opportunity to pray specifically for members of your group and for your church. You will need a notebook of some kind. Assignments in the notebook will fall into four large categories. You may choose to create other categories if you want to.

Sections in your journal should include:

1. **Testimonies.** This section is for diary accounts of what God is doing in, around, and through your life and what you have learned about Him, His purposes, and His ways.
2. **Daily Review.** At the end of each day's work, you will be asked to review the lesson and identify the most meaningful statement or Scripture and then respond to God. The daily review section of your journal provides extra space for you to record summaries of what God is saying to you through His Word, prayer, circumstances, and the church. It also can include summaries of adjustments you sense God wants you to make, directions you sense God is calling you to follow, steps of obedience called for, and other responses God may be calling you to make to Him.
3. **Weekly Review.** Use the questions in the "Spiritual Journal Weekly Review" box at the right to review what God has done during the past week.
4. **Prayer Requests.** This section will be used in each group session for recording prayer requests and answers to prayer for individuals and for your church. It can be divided to include requests such as:
 - Personal requests
 - Requests for group members
 - Requests for my church
 - Other special requests

SPIRITUAL JOURNAL WEEKLY REVIEW

Keeping a spiritual journal will help you remember the important things God says to you and the things He does in your life. Use the following questions to review God's activity in your life each week during this course of study. You only need to respond to those questions that apply to what God has done or revealed.

1. What has God revealed to you about Himself? (His name, His character, His nature)
2. What has God revealed to you about His purposes? (His will, His plans, His desires, His activity around you, His assignment to you, His goals, His objectives)
3. What has God revealed to you about His ways? (How He acts, what He does, how He responds in given circumstances, the kind of people He uses, the ways He involves people in His work, the ways He goes about accomplishing His purposes)
4. What has God done in your life or through your life that has caused you to experience His presence?
5. What Scripture has God used to speak to you about Himself, His purposes, or His ways?
6. What particular person or concern has God given you a burden to pray for? What has He guided you to pray for this person or concern?
7. What has God done through circumstances that has given you a sense of His timing or direction concerning any aspect of His will?
8. What word of guidance or truth do you sense God has spoken to you through another believer?
9. What adjustment is God leading you to make in your life?
10. What acts of obedience have you taken this week? What acts of obedience do you know God is wanting you to take?

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Permanent Prayer List

	Family	Ministry	Church	Missions	Special
Mon.					
Tues.					
Wed.					
Thur.					
Fri.					
Sat.					
Sun.					

THE HOUR That Changes the World!

"This guide has been a tremendous help to me and I trust it will be the same for you. Please remember – this is a guide, suggestion, not a fetish. Omit one or more of these elements while you lengthen others. Use it as it strengthens, enlarges and enriches your prayer life. The main need is to pray."
Paul Drake

Time, indeed, is that unique, wonderful gift of God given to everybody equally. Some have great talent, others abundant money, but everyone has exactly twenty-four hours every day!

Have you ever considered giving God a daily gift of just one of these precious hours? You could be with Him in prayer and the reading of His Word. Those who do, have the privilege of giving God 365 Hours each year, or time equal to forty-five "eight-hour" days. Imagine asking your employer for forty-five days off next year so you can spend eight hours daily in prayer. This is the awesome power of 60 minutes when given daily for just one year.

"But why give an hour?" – some are quick to ask. The most reasonable answer is because Jesus requests an hour. It was in a lonely, quiet garden under a heavy Judean sky that Jesus pleaded with His disciples, "Could ye not watch with me one hour?" (Matt. 26:40) Our Lord knew prayer was the only answer to confrontation with the enemy. This is why we always find Him praying.



Christ prayed among the hypocrites in the temple, in crowds on hillsides, clustered with disciples in a crowded upper room, and alone upon rugged mountains outside Jerusalem.

Sometimes our Lord spent whole nights praying. And now he asks His disciples to watch with Him for just one hour. But, it is night and the temptation for sleep is too great. The sheep are sleeping and the Shepherd must wage His war alone!

"But how can anyone possibly pray an entire hour?" others ask. To answer this question I asked God to show me how to structure an hour in prayer with scripturally based aspects. Twelve came to mind. Conveniently, each hour can be divided into twelve five-minute "points of focus," allowing specific time for each of these vital areas.

Of course, some of these aspects may require only a minute, whereas others – such as intercessory prayer for the world – will require far more than a mere five minutes. Following is a description of this hour that changes the world:

1. PRAISE

Ps. 63:3; Heb. 13:15; Matt. 6:9b. All prayer should begin with a recognition of God's nature. The Lord's prayer – our model for all praying – begins with "Our Father which art in heaven, hallowed be thy name." Praise is that aspect of prayer which vocally esteems God for His virtues and accomplishments.

2. WAITING

Ps. 37:7; Is. 40:31; Lam. 3:25. Not only should we begin prayer with praise, but time also should be given to being "quiet" in God's presence.

The original Hebrew text of Ps. 37:7, "Rest in the Lord," really means "be still" in the Lord. This is not meditation, or just a time for listening; it is simply taking time to let God love you!

3. CONFESSION

Ps. 139:23, 24; Ps. 51:10,11; 1 John 1:9.
The Psalmist asked God to search his heart for unconfessed sin. He knew sin was one of the greatest roadblocks to answered prayer (see Ps. 66:18). Early in prayer we need to make time for confession. This clears the way for powerful praying.

4. THE WORD

II Tim 3:16; Ps. 19:7,8.
"The commandment of the Lord (God's Word) is pure, enlightening the eyes," wrote young King David. When we bring God's Word into our prayer, we are opening our eyes to new possibilities in God. At this point in prayer we read God's Word.

5. INTERCESSION

I Tim. 2:1,2; Ps. 2:8; Matt. 9:37,38.
Our prayer now centers on intercession for a lost and dying world. This concerns praying for others who have desperate needs. Of course, intercession is one aspect of prayer where five minutes will never do. Usually half of my hour, or more, is given to this aspect alone. Use a world map to help you in this area of prayer.

6. PETITION

Matt. 7:7; Matt. 6:11; James 4:2.

This aspect of prayer concerns our personal needs. Petition is included in the Lord's prayer in the expression, "Give us this day our daily bread." To petition God is to open our need to God through prayer.

7. THE WORD

Jer. 23:29; II Sam. 22:31; Num. 23:19
Bringing God's Word into prayer is so important it appears twice on our list. Earlier we suggested you read God's Word. Here we bring actual Scripture into our prayer. We can never pray out of God's will when we pray God's Word.

8. THANKSGIVING

Phil. 4:6; Ps. 100:4.
When Paul wrote to the Philippians he instructed them to offer prayer and supplication "with thanksgiving." Thus, thanksgiving should occupy more than a single aspect of our prayer - it should be sprinkled throughout. Thanksgiving differs from praise in that praise recognizes God for who He is, while thanksgiving recognizes God for specific things He has done.

9. SINGING

Ps. 100:2; Eph. 5:19; Ps. 144:9.
Melody in its truest sense is a gift of God for the purpose of singing praises unto Him. Many Christians, unfortunately, have never learned the beauty of singing a "new" song unto God during prayer. These songs may come straight from the heart with the Holy Spirit creating the melody. After all, Paul spoke of singing "spiritual songs." (Eph. 5:19) To sing unto the Lord to worship God in melody.

10. MEDITATION

Jos. 1:8; Ps. 1:1,2; Ps. 77:12.
To wait in God's presence is simply to be there to love Him. Meditation differs in that during the latter our mind is very active. To meditate is to ponder spiritual themes in reference to God. In fact, only once in Scripture do we find God specifically promising success and prosperity. It is God's gift to those who meditate day and night in God's Word. (Joshua 1:8)

11. LISTENING

Eccl. 5:2; I Kings 19:11,12.
Whether through His written Word or by an inner "still small voice" of His Holy Spirit, God speaks to praying Christians. But we must take time to listen. Listening is different from both waiting and meditation. Here we listen for direct orders from our Heavenly Father concerning the activities of our day.

12. PRAISE

Matt. 6:13; Ps. 100:4; Ps. 150.
There is an imaginary door to every prayer time with a sign affixed that simply reads - "praise": We must always enter prayer through this door. And when prayer moves toward its conclusion we must look for this same door. We begin our prayer by recognizing God's nature, and we end in similar fashion. Jesus taught this when He ended His prayer with the statement, "For thine is the kingdom and the power and the glory forever, Amen!"

Thus, we have a simple, twelve-step plan for filling an hour with meaningful prayer. These are just suggestions - everyone has a different "prayer life." You will notice we call this "The Hour That Changes the World" because developing such a prayer habit will lead you into a ministry that not only changes you, but the world around you as well!

Prayer warriors, join me in singing:

*Oh the pure delight
of a single hour
that before thy throne I
spend.
When I kneel in prayer
And with thee. Oh God,
I commune as friend with
friend.*

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"THE ONE CONCERN OF THE DEVIL IS TO KEEP CHRISTIANS FROM PRAYING. HE FEARS NOTHING FROM PRAYERLESS STUDIES, PRAYERLESS WORK AND PRAYERLESS RELIGION. HE LAUGHS AT OUR TOIL, MOCKS OUR WISDOM, BUT TREMBLES WHEN WE PRAY." Samuel Chadwick