



# Time With Jesus

“But Jesus often slipped away to be alone so He could pray.”

Luke 5:16

God created us for a living, breathing, daily relationship with Him, and that our relationship with Him would be the primary source of life for all we are and do. We see Jesus model this throughout the gospels, and learn that the lives of both the Old Testament and New Testament believers were built around shared rhythms of personal and corporate prayer. A Christian without any form of prayer life is like a marriage without communication. We don't spend time with God because we “have to,” but because it's an invitational “get to,” - an act of fidelity and love for God that is deeper than our feelings.

**Wherever you are in your journey of learning to spend time with God, here are a few practicals to help you along the way:**

**Person** - Remember, prayer is primarily a *relationship* with God as the focal point

**Plan** - Find a consistent *when, where, and what*. When will you spend time with God and for how long, where will you do it, and what is a basic structure

**Parts** - While each day and season may look different, we encourage you to generally have three primary pieces to your time with God:

*Word* - Time reading, reflecting on, and applying scripture

*Worship* - Time to focus on and lift of the Person and character of God

*Prayer* - where we are praying over ourselves (taking our heart matters to Him) and others (intercession)

**Practice** - While the goal is love and relationship, we embrace the reality that time with God is a discipline that requires pushing past our feelings and learning over time. Any deep relationship requires work and consistency. We often want delight in our relationship with God, but embrace the reality of the process to get there:

*Desire* —————→ *Discipline* —————→ *Delight*

**\*See the back for a couple ways you can build into your time with God.**

## Time With God First Steps:

Start by carving out a consistent chunk with God in the morning. While there is no “right” time length or way to do this, here is an example of how you could structure a 30 minute time with God:

*Worship* 10 minutes - (*Our Father in heaven, hallowed be your name*)

- Take time to focus your mind/heart on the Person/nature of God in adoration.
- You can use a Psalm or other scripture to guide if you if it's helpful.

*Prayer* 10 minutes - (Your kingdom —————> deliver us from the evil one)

- Engage in one or more types of prayer: listening prayer (moments of stillness/silence to be attentive to the voice of God), honest, emotional prayer (taking our emotions and anxieties to God), intercessory prayer (praying for others)

*Word* 10 minutes

- Prayerfully consider questions like: “what does it say about God, about humanity, and how do I apply it today?” Feel free to go slowly to reflect.
- You can also use commentary or other study tools or reading plans to go deeper.

Each season will be different, so discern what you need and take liberty to change it up. If you miss a day or some of the time, don't beat yourself up or think that God's not with you, but rather thank Him for the time you did get and enjoy the rest of the day with Him.

## Time With God Next Steps:

If you want to continue to build forward in your time with God, you can consider either extending your time with God or going deeper in an area, or you can carve out a couple moments of prayer later in the day. Tradition in both the Old Testament and the early New Testament church was a shared rhythm of praying three times a day. It could look something as simple as this:

*Morning* - General time with God. Consider including the Lord's Prayer

*Mid day* - Take a moment to pause and pray for the lost

*Evening* - Take a moment to read a Psalm or debrief your day with God (what emotions did you feel, what were the highs and lows, etc.?) If you want to go deeper in this, look up the “prayer for examine” as a template on how to do this.