



How to spend quality time with God

Many Christians see the Christian life as a long list of do's and don'ts. Because they have not yet discovered that spending time with God is a privilege that mankind have, it is a heavenly invitation, not a chore or set of duties that followers of Jesus must perform. Every relationship develops as we share time together. This truth also applies to a successful relationship with God. We must spend time with the Lord in order to know HIM intimately.

Starting with daily devotion simply requires a little planning. You may be motivated to spend time with God, but you do not know how to make it effective. There is not a standard, but the following steps will help you to incorporate some basic elements into your daily devotions for an easier and more structured start.

Here is a suggestion of five essential points for a quality time with God:

1. Start with a sincere heart
2. Continue with appropriate attitudes
3. Choose a specific time
4. Choose a special place
5. Follow a simple plan

In the sight of God, the reason, our motives for doing something is more important than what we do. God said to Samuel, "The Lord does not consider what man considers; man looks to what strikes the eyes, but the Lord looks to the heart (1 Samuel 16: 7).

A. Sincerity of the heart.

Our approach must be based on our relationship with God, our love for Him and not a daily routine, so as not to fall into the trap of religious leaders in the time of Jesus who displayed a dry religious attitude. The Master Jesus described this attitude as hypocrisy:

When you pray, do not be like hypocrites, who like to pray standing in synagogues and street corners, to be seen by men. I tell you truly, they receive their reward. (**Matthew 6: 5 KJV**).

When you pray, do not think that God is away from you or that He does not hear you. Never feel that you have to speak or do anything to draw His attention; remember you are His child. The Lord rather invites us to intimacy with our Father: (Matthew.6:7,8)

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly. And when you pray, do not use vain repetitions as the heathen *do*. For they think that they will be heard for their many words. “Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

The need for honesty is very important, as the Bible put it in the case of our Lord Jesus in Hebrews 5: 7 _who, in the days of His flesh, when He had offered up prayers and supplications, with vehement cries and tears to Him who was able to save Him from death, and was heard because of His godly fear.

And also for Elijah in James 5:17, Elijah was a man of the same nature as us: he prayed earnestly that it should not rain, and there was no rain on the earth for three years and six months. (James 5: 17 KJV)

Go to his presence with sincerity of the heart and do not be afraid to honestly open up to Him. Tell Him how you really feel in the depths of yourself.

B. Adopt good attitudes.

When you come before God, you need these good attitudes:

Expectations: Come before God with anticipation, expect to have a wonderful time with the Lord. You will feel blessed during the time of your fellowship. It was David's expectation when he said:

O God, You *are* my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water (Psalm 63: 1)

In reverence: Come with respect, in quietness, and let the peace that His presence brings helps you to get rid of the thoughts of this world. The LORD is in his holy temple. Let all the earth be silent before Him! Habakkuk 2:20

Be vigilant: Remember that you have an encounter with Your Creator, Your Father: The Creator of heaven and earth, the Redeemer of mankind. The best time with the Lord would be in the morning because you are rested and alert.

A willingness to obey. This attitude is crucial: you do not come to God by choosing what to do or not to do, but you come with the intention of obeying the will of God. You must be ready to do the Lord's will before you even meet with Him. Jesus says: If anyone wills to do His will, he shall know concerning the doctrine, whether it is from God or whether I speak on My own authority (John 7:17).

C. A specific time:

Make an appointment with Jesus.

Decide in advance of the day and time. Give God the best part of your day, that is, in the morning when you are willing and alert.

Do not try to serve God with residual time.

Follow the example of Jesus:

In the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. (Mark 1:35). Some people in the Bible got up early to meet God: Abraham, Job, Jacob, Moses, Hannah, and David. Just as breakfast is the most important meal of the day, so we need a spiritual breakfast to start our day on the right foot and to make sure the Kingdom is given first place: Matthew 6:33 Seek first the kingdom of God and His righteousness, and all these things shall be added to you.

D. Choose a special place.

The meeting place is as important as time.

The Bible indicates that Abraham had a regular place when he met with God: Genesis 19:27 Abraham went early in the morning to the place where he had stood before the Lord.

Jesus used to pray on the mountains especially on the Mount of Olives: Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him (Luke 22:39).

Choose a quiet place where you will not be disturbed or interrupted. Preferably a place where:

1. You can pray aloud without disturbing others

2. You have light to read
3. You are comfortable (not the bed, it's too comfortable)
4. Whichever place you choose, make it sacred, a place set apart to meet the God of the universe, Your loving heavenly Father.

E. Follow a simple plan.

You need a general plan to make your meeting a success, but the main rule is this: keep your plan simple. Do not let it restrict your time with the Lord.

Here are six things that will be useful:

1. The Bible:

Joshua 1: 8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

2. A notebook or Journal to write the revelations of God and to make a prayer list:

Habakkuk 2: 2 Then the Lord answered me and said: "Write the vision and make it plain on tablets, That he may run who reads it.

3. A Songbook (in case you want to sing during your time of worship):

Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

4. Relax yourself in the presence of God. Be quiet, be silent and attentive to God's directives:

Isaiah 30:15 For thus hath the Lord, the LORD, the Holy One of Israel, spoken: It is in peace and quiet that your salvation will be; in your peace and confidence your strength shall be.

Be still, and know that I am God (Psalms 46: 10)

5. Ask God to create in you a clean your heart (Psalms 51:10)

Ask Him to guide you throughout time of the meeting.

Psalms 139: 23,24 Search me, O God, and know my heart;

Try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.

6. Read the scriptures: This is where your conversation with God begins. He speaks to you through the Bible, and you speak to him through prayer.

F. For a successful Bible reading:

- **Take your time**

- **Keep reading** until the word becomes alive to you and jump out of the pages to your soul.

- **Continually:** Remember that the goal here is not to have information, but to eat the Word (Jeremiah 15:16) and to know God.
- **Read aloud, or read quietly.** Reading silently will help some people to concentrate and better understand of the Scriptures.
- **Systematically:** Between the Old and the New Testament the Bible has 66 books. Try to read an entire book at a time.
- **Meditation and memorization:** In order to get revelation and insight from the Scriptures, you must meditate on what you are reading and memorize the verses that jump out of the page and speak you the most. To meditate means to think deeply or carefully about the verses or chapters that you have read.

- **Write down everything God reveals to you through His Word.** When God speaks to you through his Word it is very important to make note of it. This will not only allow you to remember God's promises to you, but also to keep track of the truth that you have discovered in the God's Word.

- **Speak to God,** pray back to Him the words that He has revealed to your spirit through prayer and your time of reading the Bible. Remember that there is only power in the word of God and not your own words. I cannot emphasize on that enough. Pray the word of God.

Some tips to keep the relationship alive:

- Vary your plans. From time to time, change the method.
- Sometimes when you feel unable to pray, just spend time saying thank you to God for who He is and for what He has already done for you or for a family members and friends or (Psalm 95:1) Sing to the Lord a new song. Sing your own love song to Him.
- Spend time silently memorizing the Holy Scriptures.

- You must always remember that your **goal** is to know Jesus. Do not be like a legalistic, one who is content just to follow the law or to do the required task. Remember that you are there to meet The Living God and to know him out of relationship because you love Him.

Enjoy your relationship with Your Heavenly Father, Daddy God.