

Walking Daily With God

How Can I Have A Personal Time Of Devotion To God? Part 3

1. Find a time and a place.

Actually, you will have to **make** a time and a place for your devotional; it won't just happen on accident! The **time** may vary for different individuals. For "night owls," the best time may be late at night, after the children are in bed. For "morning larks," early morning before the children wake up is probably better. The key is to find a quiet time, free from worldly distractions.

The **place** may also vary for different people. Some may prefer a place outside, following the example of Jesus (cf. Mark 1:35). Some may prefer a place inside, following the teaching of Jesus (cf. Matt.6:6). Regardless, the key is to find a solitary place where distractions will be minimal. Ideally, in order to develop a strong habit of private daily devotion to God, the time and place should be the same each day (if possible).

2. Engage in prayer, meditation, and praise to Almighty God.

When you approach God in **prayer**:

- Acknowledge Him for who He is (cf. Matt. 6:8)
- Thank Him for all your blessings (cf. Phil. 4:6)
- Confess your sins (cf. 1 John 1:9)
- Make supplication for your needs (cf. Phil. 4:6)
- Intercede on behalf of others (cf. 1 Tim. 2:1-3)

Spend time with the Lord each day in **meditation** or reflection. Contemplate:

- The Lord Himself (His character; cf. Psa. 63:6)
- His wonderful works (both creative and redemptive; cf. Psa. 77:12)
- His revealed word (in a systematic way; cf. Psa. 119:15,23,48,97-99)
- Things that are wholesome and praiseworthy (cf. Phil.4:8)
- Yourself spiritually (i.e., self-examination; cf.2 Cor. 13:5)

Praise God in song:

- Singing is a natural response to joy in one's life (cf. James 5:13)
- God desires that those filled with His Spirit to sing and make melody in their hearts to Him (cf. Eph. 5:18-19)

God wants us to talk to Him through prayer and praise, and He wants us to listen to Him by contemplating His word.

We live in a world that abounds with distractions and sin. These things will fill our lives with stress and anxiety, if we allow them to. They will pull us away from God and things that are good, if

We allow them to. If David – a man after God's own heart – and Jesus – the Son of God Himself – found it needful to spend time alone with God, how much more do we!