

Lesson Objectives

- At the end of this study you want them to understand the four crucial elements of having a quiet time with the Lord.
- You want them to see the value in spending time with the Lord.
- You want them to have a plan for actually beginning to spend regular time with the Lord.

Launch

Let say you have met the girl of your dreams at a recent party. Later you had the opportunity to ask her out on a date and she said yes. What would you plan for your date? [Let them share their date ideas. You can share your own.]

In many ways spending intentional time with God looks a lot like a date with a girl. Today we are going to look at what it looks like to spend one on one time with God.

[Before we begin our time let me ask God to be with us and teach us.]

Explore

Elements of time with God

There are four crucial elements to spending time with anyone, including God. These include:

- Attitude
- Place
- Time
- Content

Lets look at each of these elements.

Attitude - Why we spend time with God

Read John 17:3

- What does Jesus mean when He uses the word know? How about the word eternal life? [You are looking for the idea of experience or relationship and rich full life characterized by the fruit of the Spirit.]
- What does this tell us about our motivations for spending time with God? [God is the goal not the means to life.]

Read Philippians 3:1-16

- What does Paul mean when he says confidence in the flesh? [His confidence is in self-righteous works.]
- Contrasted with self-righteous works, what does Paul say is of surpassing worth? [Again we see the word knowing. Specifically knowing Christ.]

Read Psalm 119:105

- According to this Psalm what role does God's word play in our lives? [It teaches us principles to direct our lives.]

Read Romans 12:2

- According to Paul what are we to spend time doing? [Renewing our minds. That is develop a perspectives on life from God's point of view.]

Time and Place - Where and when do I spend time with God

Read Matthew 6:5,6

- What does Jesus tell us about communicating with our Father? [Find a place that it can just be the two of you.]

Read Luke 6:12, Luke 9:28, Mark 1:35 and Luke 5:16

- What example does Jesus set for us in spending time with our Father? [You see Him model going out early in the morning to pray. You see Him going to places He can be alone. He prayed for a LONG time; He devoted a significant amount of time to spend with the Lord.]
- Why does Jesus go at these times and to these places? [He wanted uninterrupted time with His father. He wanted to have a significant amount of time with Him.]
- Based on what Jesus told us and what he modeled for us, what would a good time and place for you to spend time with God look like? [Let them answer. If they think of places that are less than ideal feel free to gently point out why and make alternate suggestions.]

Content—What I do with God

Getting Started with God

Time with God can be hard and its easy to get distracted so it is good to ask God to be with you in your time.

Ask God:

- to speak to you and help you to hear Him
- to reveal more of Himself to you
- for the willingness to do what He shows you
- for a disciplined, sharp mind
- to minimize distractions
- for a supernatural, excellent time of interaction with Him

Getting Help

- Again spending time with God isn't always easy. It's like a guy that is trying to come up with new creative date ideas. To help alleviate this problem you can use a bible study book, a bible reading plan or some other faith stimulating book. Remember to be sure you spend time in the actual word though. If you just read what other people say about Him you're not actually spending time with him.

Listening to God

- To listen to God we read from His word. Be relaxed, flexible, and not overly structured. You don't have to think about reading all of the bible at once. Just be a good steward of your day and spend time in His word. You can read a large book of the bible over a month's time if necessary.
- Be sure to think about how what you read applies to your life.

Talking to God

- As you read, meditate with an attitude of prayer.
 - Pray meaningful passages back to God.
 - Pray about needs the passages make you aware of. It can also be great to journal or write down the things you are thinking. This allows you to talk back to God in writing and to work our confusing thoughts or feelings.
- Thank God for the things that you learn about Him that impress you.
- Confess sin that His word points out in your life.
- Ask God for things you read about in scripture but don't see or experience in your life.

Finishing your time with God

- Thank God for time in His Word and what He's shown you.
- Pray through some scripture, songs or hymns
- Catch up on requests you haven't had time to pray for lately. Pray some of Paul's prayers for other people (e.g. Philippians 1, Colossians 1 or 3, Ephesians 1 or 3, and others)
- Ask God to guide you.
 - Ask God to show you what He wants you to believe Him for.
 - Ask him to help you deal with sin that He revealed in your time with him.
 - Ask him to show you some specific dreams or goals in the various areas of your life and ministry.
 - Ask for His wisdom.
 - Ask for God to work out what you learned in others lives.

Discover the Big Idea

What does God want us to know about spending time with him?

Summary Statement: Simply knowing and experiencing Christ Jesus has a worth that surpasses all things. Because of this we should spend time speaking to Him, letting Him speak to us and allowing Him to change and impact our lives. Realize that what we are talking about here is deeply profound; we are talking about interacting with the Deity!! [Feel free to repeat this phrase a number of times to help retention.]

Apply

- Think back to the opening question about planning a perfect date. If you planned out some good time to spend with God your Father what would it look like? Where would you plan to go? When would you plan to do?
- Paul says he counts everything as loss because of the surpassing worth of knowing Christ Jesus his Lord; what do you consider of great value than knowing Christ? Specifically what do you value more than spending time with Him?
- When will you take time this week to spend time your Father?