

5 Tips on Spending Time With God



1. QUIET PLACE

Begin by going into a place where you can be alone and uninterrupted by anyone or anything; and if possible do not take your phone in there



2. SIT QUIETLY

Sit quietly in that space for some time to quiet your mind; then invite the Holy Spirit in to assist you in praying and spending time with the Lord



3. YOU DO YOU

At this point, you can either go into prayer, beginning with thanksgiving and then your petitions, or you can read first and then pray; it's up to you. You can read a daily devotional that guides your reading or you can read the bible itself. If you don't know what part of the bible to read, ask the Holy Spirit to help you. He will either drop a scripture or a story in the bible into your heart, or something else that will lead you to a particular part of the bible.



4. JOURNAL

Next, journal whatever comes to your heart/mind as you spend this time in God's presence, because more than likely that is the Holy Spirit speaking to you. It could be a whole sentence, a phrase, or even just a single word - write it down! Don't make the mistake of thinking you will remember it even when you don't write it down because chances are you won't remember it three days from then or the next week. When you write things down, you can always revisit it and take it to the Lord in prayer for further clarification or understanding of it.

DON'T FORGET

5. MEDITATE

Lastly, as you go about your day, be sure to meditate on what you read in the bible, your takeaways, and whatever God spoke to you. Meditating on the Word of God is how you become transformed into a new you and change your life forever.

