

SESSION I IMPORTANCE OF DAILY DEVOTION

Daily Devotion is a “quiet time” set aside to be **ALONE** with God. It is a time spent getting to know Him through the **WORD**, **WORSHIP** and **PRAYERS**. It is done on a **DAILY**, or a **REGULAR** basis.

A. BIBLICAL EXAMPLES

David was called a man after God’s own heart (**Acts 13:22**). His daily practice was recorded in Psalm 5:3, *“In the morning, O Lord, you hear my voice in the morning. I lay my requests before you and wait in expectation”*.

In the devotional life of Jesus (**Mk 1:35**), there are 3 characteristics we can learn from, namely:

- i. rise early in the morning,
- ii. go to a solitary place, and
- iii. pray.

The greatest needs of Christians, whether young or old in the Lord, is to spend a certain amount of time everyday reading, meditating the Word, worshipping and praying.

B. BENEFITS OF KEEPING DAILY DEVOTION

1. We have **FELLOWSHIP** with God.

Gen 1:27

Rev 3:20

2. We have **RELATIONSHIP** with God.

Gen 5:24

1 Cor 1:9

3. We receive **STRENGTH** from God.

Lk 5:16

Neh 8:10

4. We **LEARN** from God.

Acts 10:9-15,28,34

5. We **GROW** in God.

Matt 4:4

Job 32:12

Ps 119:9

C. PURPOSE OF KEEPING DAILY DEVOTION

1. To give **DEVOTION** to God.

Ps 29:2

2 Chron 31:21

- God **deserves** our devotion!
- God **desires** our devotion!

(Rev 4:11)

(Jn 4:23)

2. To get **DIRECTION** from God.

Ps 25:4-5

2 things to do in a Daily Devotion:

- a. **CONSIDER** your way.

Prov 4:26

(Take time to be quiet to assess your life).

Prov 3:6

- b. **COMMIT** your day.

Ps 3:5

("God, this is what I am supposed to do in my next 24-hour schedule, what do you think about it?")

3. To gain **DELIGHT** in God.

Ps 37:4

Ps 16:11

FACT : The better I get to know Christ, the more I LOVE HIM.

The objective of your Daily Devotion is not to study **about** Christ, but to actually spend time with Him!

That is the difference between **Daily Devotion** and **Bible study**:

- Daily Devotion = **spending time** with God.
- Bible study = **learning more** about God.

4. To grow **DAILY** in God.

2 Pet 1:3-4

Acts 4:13

SESSION II HOW TO BEGIN A DAILY DEVOTION

A. SELECT A SPECIFIC TIME

The best time to have a quiet time is when you are at your **BEST**.

Some people are “morning people?” and some are “night people?”

- Select a time you are the most **ALERT**.

Why many Christians prefer to have early morning quiet time?

1. The example of Bible characters.
 - a. Daniel

Dan 6:10b

- b. Hannah

1 Sam 1:19

2. It seems logical to begin the day with it.

“The best time to tune your instrument is before you play the concert, not after!”
(Hudson Taylor)

3. It demonstrates that meeting with God is your first priority.
You are giving God the first part of your day.
You are likely to be more rested, your mind is less cluttered, and it is often the quietest time!

Whatever time you set, be **CONSISTENT**.

How long should a Daily Devotion be? There are 3 guidelines:

- a. Start with 10 to 15 minutes and let it grow. (Don't start with 2 hours!)
- b. Don't keep watching the clock! (That is not the way to build a relationship)
- c. Emphasize **QUALITY**, not quantity!

B. CHOOSE A QUIET PLACE

Lk 22:39,41

Mk 1:35

C. GATHER THE RESOURCES YOU NEED

- a. **A Bible** – with readable print and a translation you can understand.
- b. **A notebook** – to write down what the Lord speaks to you about and to keep your prayer list.
- c. **A songbook** – to help you in your praise and worship.

D. BEGIN WITH A RIGHT ATTITUDE**1. REVERENCE**

Don't rush your time with the Lord.

Ps 46:10

2. EXPECTANCY

Ps 119:18

3. WILLINGNESS TO OBEY.

How can I constantly know God's direction for my life?

Jn 7:17

E. **FOLLOW A SIMPLE PLAN**

A simple 15-minute plan to help you get started in your Daily Devotion:

1. **RELAX**

Be still and quiet! Slow down! prepare your heart.
Take a few deep breaths and wait on God.
Sing a song of praise and worship.

2. **READ**

Begin reading the Bible where you left off the day before.
Read until you feel God has told you something.
Then stop and think about it.

3. **REFLECT**

Think about what the passage means to your life.

- Write down your thoughts.
- You may want to write out a verse that speaks to you in a special way and commit it to memory.

4. **RECORD**

Write out a personal application statement that is personal, practical, and measurable.

“Thoughts disentangle themselves when they pass through the lips and the fingertips”.

- Famous author -

If I can't say it out or write it down, I haven't really thought it through.

5. **REQUEST**

Conclude our quiet time by talking to God about what He has shown you.

- Ask Him by faith for the items on your prayer list.

F. BE PRACTICAL

Example:

1. Song of praise or worship "Give Thanks"

*Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son*

*And now let the weak say I am strong
Let the poor say I am rich
Because of what the Lord has done for us...give thanks*

2. Scripture passage.

Eg. John 6:1-14

3. My thoughts.

*Eg. Jesus, my Provider.
Compassion for people.
Boy gave what he has so others can be blessed.
Not to be wasteful.
God can make use of people who are willing.*

4. Personal application.

*Eg. I need to be willing to give my time for God's things eg. work less overtime,
set aside time to attend Cell group to learn God's word and to give
encouragement to one another.*

5. Pray.

Eg. God to help me to reprioritize my time.

SESSION III SOME PROBLEMS TO OVERCOME

A. PROBLEM OF DISCIPLINE

The Number One contender of discipline is the flesh working hard against the spirit.

The spirit is **WILLING**, but the flesh is **WEAK**.

The devil and your flesh will always exaggerate how tired you are.

- And if you let the devil win once in this area, you can be sure he will use it again and again to hinder you.

Suggestions:

1. If your Daily Devotion is in the morning, then go to bed on time.
Get up immediately when it is time to get up.
2. If your Daily Devotion is in the night, then be sure to do it before you get too sleepy.
Be aware of quite time “robbers” (eg. TV, movies, late-night parties).
3. Never do your Daily Devotion on your bed.
4. Be thoroughly awake:
 - Read and pray aloud.
 - Walk around during your prayer time if necessary.

B. PROBLEM OF DISTRACTIONS

Satan will try to use everything to get your mind to wander during a quiet time.

Suggestions:

- a. Switch off your telephone, mobile phone, answering machine, pager or switch them into their respective silent mode.
- b. Keep a notepad nearby.
 - It seems like everything you have forgotten will somehow come to your remembrance during your quiet time!
 - Write down what you need to do (for another time) and get back to your devotion.

C. **PROBLEM OF DRYNESS**

Sometimes you will feel like you're not getting anything out of your Daily Devotion.

NOTE : Never judge your Daily Devotion by your FEELINGS.

If you don't do your Daily Devotion just because you don't "feel like it," Satan will make sure you never feel like it every time!

Possible Causes of Spiritual Dryness:

1. **PHYSICAL condition.**
Improve your health through medication, or a balanced lifestyle.
2. **DISOBEDIENCE to God.**
Make a decision to obey God's Word.
3. **RUSHING through.**
Take your time and relax. Avoid "rush hours" for Daily Devotion.
4. **Getting in a RUT.**
Varies your approach and materials to Daily Devotion.
5. **Not sharing INSIGHTS with others.**
*Be a "Sea of Galilee" – flowing, full of life.
Don't be a "Dead Sea" – so full of minerals, but totally dead!*

D. **PROBLEM OF DILIGENCE**

CONSISTENCY is always a struggle in all things we do.

Suggestions:

1. Make a covenant with God.
"God, I will spend 15 minutes with You everyday".
2. Schedule it in your daily calendar.
3. Be prepared for Satan's excuses.
4. Leave your Bible open at night to the passage for the next day!
A Closed Bible often gets ignored.

E. PROBLEM OF MISSING AN APPOINTMENT.

1. Don't get on a **GUILT TRIP.**

Satan: "You missed your Daily Devotion...you are so unfaithful!"

You: "Well, Satan, what about you...did you do yours today?"

2. Don't get **LEGALISTIC.**

It is not by the works...we all live by grace!

3. Don't **GIVE UP.**

"Has anyone of you ever missed a meal?"

- Do you say: "Oh, I'm such a poor example of a humility, I'll never eat again".
- Of course, not!

What do you do?

You simply eat more the next time!

CONCLUSION

It takes **THREE** weeks for you to become familiar with a new task.

It takes another **THREE** weeks before it becomes a comfortable habit.

Gal 6:9 (TLB)

"And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up".

A LETTER FROM JESUS TO YOU

As you got up this morning, I watched you and hoped you would talk to me – even if it was just a few words, asking my opinion or thanking me for something good that happened in your life yesterday – but I noticed you were too busy trying to find the right outfit to put on and war to work. I waited again. When you ran around the house getting ready I knew there would be a few minutes for you to stop and say hello, but you were too busy. At one point you had to wait fifteen minutes with nothing to do except sit in a chair. Then I say you spring to your feet. I thought you wanted to talk to Me but you ran to the phone and called a friend to get the latest gossip.

I watched as you went to work and waited patiently all day long. With all your activities, I guess you were too busy to say anything to Me. I noticed that before much you looked around; maybe you felt embarrassed to talk to Me, that is why you didn't now your head. You glanced three or four tables over and you noticed some of your friends talking to Me briefly before they ate, but you didn't. that's okay. There is still more time left, and I have hoped that you will talk to Me even now. You went home and it seems as if you had lots of things to do. After a few of them were done you turned on the TV. I don't know if I like TV or not, since just about anything goes there & you spend a lot of needless time each day in front of it – not thinking about anything – just enjoying the show. I waited patiently again as you watched TV and ate your meal but again you didn't talk to Me. As you did your paperwork, I waited again for you but you continued to do what you had to do.

At bedtime I guess you felt tired. After you said goodnight to your family, you plopped into bed and fell asleep in no time. That's okay because you may not realize that I am always there for you. I've got patience more than you will ever know. I even want to teach you how to be patient with others as well. Because I love you so much, a long time ago I left a wonderful place called Heaven and came to earth. I gave it all up and was even ridiculed, betrayed, made fun of and endured a most horrible pain while being nailed to a wooden cross and finally died so that you wouldn't have to suffer in my place. I love you so much that I wait for you everyday for a nod, prayers, or a thought or a thankful part of your heart. You know, it's really difficult to have a one sided conversation.

Well, you are getting up again and once again I wait with nothing but love for you, hoping that today you will give me some time. Have a nice day!

Your Friend,
Jesus.

“We all are angels with one wing, we need to hug each other in order to fly”.

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HOW TO KEEP DAILY DEVOTION

