

Opportunity to Be Still Before God

If you ask my wife and me what is the single most important thing a Christian can do every single day to grow in their faith our answer is to spend quiet time alone with God. However, it's important that you see this as an opportunity more than an obligation. We each have a unique invitation to spend quiet and quality time with the God of the universe to experience who He is and who He created and redeemed you to be. It's a privilege and an opportunity!

Five principle anyone can apply to be still before God today:

- 1. Time and Place.** You need to have a dedicated time and place you plan to spend time with God.
- 2. Plan of Action.** What are you going to do during this time? When you know what you are going to do you will be motivated to get out of bed and get to it. You might study a book of the Bible, read a devotional, listen to worship music, spend time in prayer, etc.
- 3. Prepare your Heart.** You can take just a few moments for this. This is mainly about removing distraction both mentally and physically. Silence your phone, don't look at email or Facebook, clear your mind of the day's to-do list, make sure kids are occupied, etc.
- 4. Focus on Truth.** You can spend this time in a variety of ways but you want to make sure you are in the Scripture. Sometimes you might listen to a sermon or podcast, read a devotion or Bible study, listen to worship music, but we recommend spending most of your time with God in His Word.
- 5. Process in Prayer.** As you end you want to spend time thinking deeply about what God is showing you. It may be a sin to confess, an action to take, a person to share with, a lie to reject, a truth to believe, hurt to release, etc. We encourage you to write this down in a journal or your daily planner so you will remember the action God wants you to take.

Remember, You don't have to start out doing this seven days a week. Just start today. Focus on what you can do today. And each day starts with this opportunity. If you miss a day don't let that decide tomorrow or the next day. Each day starts fresh and God's mercy renews every morning.

What is your plan to meet with God today?