

Personal Devotions - Lesson

Lesson summary: Establishing a time for devotions is essential to growing spiritually and staying clean and honorable.

PSALM 34:10 (NIV)

The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

As my pastor says, devotions are like vitamins. We don't see the difference right away, but over time you become stronger and you do notice the difference.

What is meant by devotions is a time set aside to pray and study the Bible. There are many godly people who do devotions in different ways. Some take a walk and pray while they are walking. Others sit in a chair with a cup of coffee and pray and read. Some get on their knees or stand with their hands raised in the air seeking God. Some use worship music to get them in the mood, and others want it completely silent. There are no set in stone rules about how we should spend our time with God. But it is essential that we are spending time with Him to let Him know we love Him and to allow Him to speak to us.

Guidelines for Personal Devotions

1. They need to include a time of loving God
 - a. We need to be constantly focused on what we have to be thankful for
 - b. Worship and connecting to God through loving Him is an essential part of our survival as Christians.
 - c. Read **JOHN 15:5-6**
2. They need to be personal
 - a. Although it is fine to read a devotional written by someone else as part of your devotions, you need to be making effort to specifically relate God's word to your life.
 - b. If we refuse to allow the words of God to change our hearts, we are wasting our time.
 - c. There always needs to be an application time in your heart, thinking about and praying how what you read can be applied to your life and asking God if there is something he is wanting you to change.
3. They need to be consistent
 - a. Land in the Midwest that hasn't had much rain, if it has a deluge of water, can't absorb it, but it runs off the surface and causes floods. It needs to have moisture regularly over a period of time so it can absorb more water. It's the same for people.
 - b. It is better to pray for fifteen minutes if you do it every day than to pray for an hour one time a week.

What are some ways you have done devotions that have been helpful?