

# Personal Devotions – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

What has your devotional life been like in the past three months? Do you have a set time you discipline yourself to seek God, or are you dependent on outside circumstances to give you time for it? Write about a period of time in your life when you stopped doing your devotions regularly. How did it affect your life? What was the hardest part about getting back into doing devotions? Why did you stop doing them? What are some ways you can motivate yourself to start to consistently do your devotions or continue to do them?

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## Day 2

When is your set time for devotions? Is it something you are consistent with, or do you find you are interrupted often and unable to do them at that time? One of the best times for devotions is in the morning, not because it's so hard to get up in the morning and God likes it when you suffer, or because the Bible tells us to pray in the morning, but because it is the most practical time where you are almost guaranteed no interruptions. Do you have objections to doing your devotions? If so, what are they? The best way to do devotions in the morning is to do them after you have gotten dressed and done all your morning rituals to get ready to go to work or getting ready to start your day. That way you are more awake. Commit to spending a minimum of 15 minutes in prayer every morning for a week, and see how it work for you.

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## Day 3

### Memorize

**PSALM 34:10 (NIV)**

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

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## Day 4

One of the challenges in doing devotions is keeping it from becoming a heartless routine. It is easy to start looking at the time regularly and worrying that you might be missing something and thus losing any meaning to you prayer time.

**ISAIAH 29:13 (NIV)**

The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is made up only of rules taught by men.

How can your heart be far from God when having personal prayer time?

What are some ways you can keep your heart close to God when praying to Him?

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## Day 5

One of the biggest battles in spending time with God is keeping your mind from wandering. There are a few different solutions to this, one is to acknowledge to God you are thinking about these things and pray through until there are no more distracting thoughts. Another is to pray while doing something else, like walking, so your mind is partly occupied. Another is to pray out loud, and even get loud with it. Another important aspect to a devotional time is taking time to listen to God. Commit to spending at least five minutes being quiet and listening after asking God to reveal anything in your life you need to deal with or what He wants to speak to you. He often speaks through the Bible, so have one available. Communion with God is what is most important.