

FaceTime

Cultivating Intimacy and Friendship with God

FaceTime

How To Spend Time With God

Spending Time with God is the most life-changing thing a person can do. The purpose of this resource is to give you ideas of ways to enrich your daily “Face Times.” Don’t be overwhelmed by the amount of information you find here. We encourage you to try one strategy at a time and stick with what works for you.

This resource is divided into sections to help you as you journey to getting ‘face time’ with Jesus everyday:

1. Worship
2. Prayer
3. Bible Study
4. Memorization
5. Appendix: Healing Scriptures
6. Appendix: Holy Spirit Scriptures

May you experience the depths of God’s love for you and joy in His presence as you begin this exciting journey!

How To Spend An Hour With God

WORSHIP

- Worship Introduction
- Worship Tool: Character of God

PRAYER

- Prayer Introduction
- Prayer Tool: ACTS Model
- Prayer Tool: Praying for those who don't know Jesus
- Prayer Tool: The Lord's Prayer
- Prayer Tool: Who I am in Christ

BIBLE STUDY

- Bible Study Introduction
- Bible Study: Making a Plan
- Bible Study: In-Depth Study Options

MEDITATION + MEMORIZATION

Topical List of important Scriptures

APPENDICES

Resource: Healing Scriptures

Resource: 'Who is the Holy Spirit?'

An Hour With God

To really know a person, you need to spend time with them. In the same way, if you want to have a close relationship with God, “set a time” just for God daily. Remember, apart from God, we can do NOTHING. (John 15:5)

We recommend worship, prayer, and Bible study as the key components of your FaceTime with God. The times below are simply suggestions of how to break up **1 hour with God**.

If you have never had a Face Time before we recommend starting with 30 minutes or another amount of time that you can be consistent with daily.

SCHEDULING YOUR TIME FOR AN HOUR WITH GOD

WORSHIP | 15 MINUTES

PRAYER | 15 MINUTES

BIBLE STUDY | 20 MINUTES

MEDITATION + MEMORIZATION | 10 MINUTES

Worship

“Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is He who made us, and we are His. We are His people, the sheep of His pasture. Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the LORD is good and his love endures forever; His faithfulness continues through all generations.” (Psalm 100)

Worship ideas

1. Sing worship songs.
2. Declare what God is like as seen in the Bible. Ex: “God the Bible says that you are Good. You are Holy. You are Love, etc.
3. Read scriptures and Psalms out loud. Ex: Psalm 145, Psalm 103, Colossians 1:15-20

Worship Tool

Declaring God's character aloud oftentimes brings new life and faith to our hearts during difficult periods in our life.

Father

Genesis 1 – 3	Psalm 27:10
Psalm 103	Psalm 105
Psalm 139	Isaiah 40:11
Isaiah 49:14-16	Jeremiah 29:11
Jeremiah 31:3, 20	

Son

Psalm 103:1-6	Isaiah 53
Gospels	John 1
Colossians 1:14-28	Ephesians 1:19-22
Hebrews 1:1-3	Revelation 1-3
Revelation 5	Song of Solomon

Holy Spirit

John 16:7-16	I Corinthians 2:9-16
Romans 8:25-26	Genesis 1:2
Zechariah 4:6	Zechariah 12:10
Isaiah 61:1-3	Isaiah 11:1-3
I Corinthians 12 – 14	Acts 1:8 + Acts 4:31

Prayer

One of our biggest privileges as followers of Jesus is that we get to develop intimate friendship with God through prayer.

You may have heard it said before that 'prayer is simply talking to God.' The early church was 'devoted' to prayer (Acts 2:42) and as a result saw God do amazing things in their community. At Antioch Community Church, we too want to devote ourselves to intimate fellowship with the Lord through prayer.

Why Pray

1. It allows us to talk to God as a friend (2 Cor 3:18).
2. It changes history by bringing God's plans from Heaven to Earth (Matthew 6:10)
3. It provides us with protection and blessing (Matthew 6:13)
4. God is a good Father who enjoys providing for our needs as we ask Him in prayer (Matthew 7:7-12)
5. It prepares us to bear fruit! (John 15)

Prayer Tool #1

'ACTS' Model - You can use the acronym "ACTS" to help you remember the elements of The Lord's Prayer:

A – Adoration -- This is worship as described above. The goal is to focus your heart and attention on Jesus. Worship and prayer naturally flow together as one because they are both communication between you and God.

C – Confession -- "If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

How to confess sin

1. Ask the Holy Spirit to search your heart for sin (Psalm 139:23)
2. Confess each sin individually. These are things that God will bring to mind like things you thought, did, or said Ex: God forgive me for speaking this way with my family.
3. Make changes in your life to respond.

4. It is wise to share your sin struggles with a trusted friend or mentor. (James 5:16, Proverbs 28:13)

T—Thanksgiving – The bible says to give thanks in all circumstances (1 Thessalonians 5:18). Give thanks to God even if you are going through difficult times.

Examples of things to be thankful for

- Material possessions and provision (ex,. A job, gifts)
- Spiritual blessings (ex. Joy, peace, victory over sin)
- Relationships (ex. Family, church, friends)

S – Seeking God -- Praying for issues and needs in your life

Examples of things to pray for

- Your daily needs (Matt 6:11)
- The needs of other people (1 Tim 2:1)
- That you would be kept from temptation and evil (Matthew 6:13)

Listening Prayer (5 min) – “He who belongs to God hears what God says.” (John 8:47)

As you pray, listen as well. God may speak to you a personal encouragement or He may put someone on your heart that you should pray for or encourage. He may also speak specific direction for the day.

Here’s how to listen:

1. Ask God to speak to you
2. Wait for a few moments
3. Write down what He puts in your mind

Prayer Tool #2

Praying For Those Who Don’t Know Jesus

Ask God to give us a burden for lost people (Romans 9:1-3)

Claim laborers for the harvest. (Matthew 9:38)

Seek God	for opportunities to witness and invite people to church or to Lifegroup. (Col 4:2-4)
Receive in Praise	the promise of fruit. (John 15:16)
Repent of fear	in witnessing and petition God boldness in witnessing. (Acts 4:31-32)
Ask God	to give us power to win the lost. (Acts 1:8, Colossians 1:28)
Believe God	for conviction of sin. (Acts 2:37-38)
Bind in Jesus' name	the force of doubt veiling their minds. (2 Corinthians 3:14-16, 4:3-4)
Pray	hearts to be opened to believe (Acts 16:14)
Thank	the Holy Spirit for wooing them to the Father (Jn 6:44; 16:7-11)
Praise Him	for miracles to happen to bring people to Christ. (Acts 3, Jn 14:12-13)
Intercede	for a city-wide vision & harvest (Jn. 4:35)
Expect	people to be touched by the Holy Spirit as we worship God. (Acts 16:25)
Invite God	to change your life as a sign to those who don't know Jesus. (2 Cor. 5:17)

Prayer Tool #3

The Lord's Prayer

“Our Father, who art in heaven”

Recognize our relationship with Him. Recall His Father-heart for you and for those for whom you pray. (1 John 3:1)

“Hallowed be Thy name...”

Recall the covenant names of God and their meaning and application for today (He is our banner, our righteousness, our provider, our healer, our peace, our sanctifier, our shepherd). Meditate on these.

“Thy Kingdom come, Thy will be done..”

Pray for God's kingdom and will to come in the lives of your family, spiritual family, government officials, missionaries, non-Christian friends, etc.

“Give us this day our daily bread...”

Appropriate His provision in areas of material concern.

“And forgive us our debts as we forgive our debtors”

... Ask the Holy Spirit to search you and point out areas where repentance is needed. Forgive those against whom you are holding grudges. (Prov. 4:23; Matt. 5:44)

“And lead us not into temptation but deliver us from evil”

Know the Truth of the Word of God and use it against the devil. (I Tim. 6:12; Eph. 6).

For Thine is the kingdom, and the power, and the glory forever.”

End with praise! (Rev. 5:13)

Prayer Tool #4

Who I Am In Christ - Declare these truths aloud to strengthen your faith and bring security.

I AM ACCEPTED

John 1:12	I am God's child.
John 15:15	As a disciple, I am a friend of Jesus Christ.
Romans 5:1	I have been justified.
1 Cor 6:17	I am united with the Lord, and I am one with Him in spirit.
1 Cor 6:19-20	I have been bought with a price and I belong to God.
1 Cor 12:27	I am a member of Christ's body.
Ephesians 1:3-8	I have been chosen by God and adopted as His child.
Colossians 1:13-14	I have been redeemed and forgiven of my sins.
Colossians 2:9-10	I am complete in Christ.
Hebrews 4:14-16	have direct access to the throne of grace through Jesus Christ.

I AM SECURE

Romans 8:1-2	I am free from condemnation.
Romans 8:28	I am assured that God works for my good in all circumstances.
Romans 8:31-39	I am free from any condemnation brought against me and I cannot be separated from the love of God.

2 Cor 1:21-22	I have been established, anointed and sealed by God.
Colossians 3:1-4	I am hidden with Christ in God.
Philippians 1:6	I am confident that God will complete the good work He started in me.
Philippians 3:20	I am a citizen of heaven.
2 Timothy 1:7	I have not been given a spirit of fear but of power, love, and a sound mind.
1 John 5:18	I am born of God and the evil one cannot touch me.

I AM SIGNIFICANT

John 15:5	I am a branch of Jesus Christ, the true vine, and the channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
1 Cor 3:16	I am God's temple.
2 Cor. 5:17-21	I am a minister of reconciliation for God.
Ephesians 2:6	I am seated with Jesus Christ in the heavenly realm.
Ephesians 2:10	I am God's workmanship.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ, who strengthens me.

Study

Getting Started

“All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” (2 Timothy 3:15-16).

God has left us an incredible gift in the Bible. The Bible is a supernatural document, written by over 40 authors, composed of 66 books, and recorded over a period of 2,000 years! The Holy Spirit uses the Bible to speak to us, guide our decision making, and lead us into powerful encounters with God.

There are many “methods” of bible study. We recommend that you read a passage and then answer these 3 simple questions

1. What does this passage say about God?
2. How does this passage apply to me?
3. How should I obey God’s word?

How To Start?

Start with a chapter of John or Mark and answering these three questions.

Deeper Bible Study

All 66 books of the Bible fall into the following general categories:

1. Old Testament History (Genesis – Esther)
2. Old Testament Wisdom (Job – Song of Solomon)
3. Old Testament Prophecy (Isaiah – Malachi)
4. Gospel Accounts and Early Church (Matthew – John, Acts)
5. General New Testament Books (1 Corinthians – Revelation)

It is a good idea to rotate between these six broad categories, reading through individual books in each category on a regular basis. This will keep you from getting bogged down in one section of the Bible.

A simple plan is to take one chapter from 2 or 3 of the categories above and read through them daily.

Find a combination that is life-giving for you and ask yourself the three simple questions of “What do I learn about God?” “How does this passage apply to me?” and “What should I obey?” as you read the text.

As you read you are asking the Holy Spirit to teach you. Many keep a Bible Study journal to record their thoughts.

Reading the scriptures is interactive. When a verse “jumps out” at you, take time to listen to what God is speaking to your heart.

Advanced Study

Methods

1. Character Study – In this plan, you focus on one Bible character. You seek to discover everything you can about his or her family, background, and walk with the Lord. For example, you could study the life of David.
2. Subject or Topical Study – In this plan, you will identify a certain subject and read all the scriptures you can find relating to that one subject. Then, you can organize and group all the information the Bible teaches concerning that one topic. The handout called “Holy Spirit scriptures” is an example of a topical study.
3. Word Study – In this plan, you will try to find many verses that address a single word. By comparing how the term is used throughout the Bible, conclusions can be drawn about the word. It is also a good idea to look up the original Hebrew or Greek meaning of the word.
4. Inductive Bible Study– This plan is like the 3 question model in that it provides guided questions that enrich your scripture reading. The structure of this plan is more detailed to allow for a more thorough investigation of the passage. The three key parts of an inductive study are observation, interpretation, and application.

Inductive Bible Study

Step 1: Observation -- Make a chart like the following and fill in as you read.

Repeated Words	Lists	Characters
Comparisons	Promises	Commands
Contrasts	Cause & Effect	Questions

Step #2: Interpretation – Also called “timeless truths.” What are the principles that one could apply no matter the time period, country, or culture? Record 2-3 “timeless truths”

Step #3: Application – How do the timeless principles apply to my life today? What do I need to do in response to what I have read and studied in this chapter? Record 2-3 personal application points:

- If I believe this truth, how will I live differently?
- Is there an area of my life that does not align with God's word?
- Is there an example for me to follow?
- Is there a sin to avoid?

Memorization

Topical Guide - the list below contains Scriptures that you can memorization organized according to different topics. We hope that this will be a blessing to you as you grow in your knowledge of Scripture.

CORE VALUES

Luke 4:18-19

Matthew 22:36-40

Matthew 28:19-20

POWER OF GOD

Zechariah 4:6

1 Corinthians 2:4-5

1 Corinthians 4:20

1 Corinthians 14:26

SALVATION - The Roman Road

Romans 3:23

Romans 6:23

Romans 5:8

Romans 10:13

Romans 10:9-10

Revelation 3:20

John 3:16

FREEDOM FROM SIN

1 John 1:8-10

1 Corinthians 10:13

2 Corinthians 5:17-18

Romans 12:1-2

PERSEVERANCE IN TRIALS

James 1:2-4

James 1:12

Romans 8:28-29

ABIDING IN CHRIST!

Galatians 2:20

John 15:1-17

1 John 3:1

LOVING PEOPLE

1 John 4:7-12

1 Cor 13: 4-7

GOD'S CHARACTER

Isaiah 9:6-7

Psalms 145:8-13

Isaiah 11:1-2

Colossians 1:15-20

DELIGHT IN GOD

Psalms 34:8!

Psalms 27:4

Appendix

Healing Scriptures

He said, "If you listen carefully to the voice of the LORD your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you." (Exodus 15:26)

Who forgives all your sins and heals all your diseases. (Psalm 103:3)

He sent forth His word and healed them; He rescued them from the grave. (Psalm 107:20)

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. (Proverbs 4:20-22)

But he was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed. (Isaiah 53:5)

Heal me, O LORD , and I will be healed; save me and I will be saved, for You are the one I praise. (Jeremiah 30:17a)

But I will restore you to health and heal your wounds, declares the LORD. (Jeremiah 17:14)

The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. (Matthew 8:8)

Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. (Matthew 9:35)

And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well. (Mark 16:17-18)

And the people all tried to touch him, because power was coming from Him and healing them all. (Luke 6:19)

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. (James 5:14-15)

He himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed. (1 Peter 2:24)

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John 1:2)

Holy Spirit Study

The Holy Spirit is:

- God (Gen. 1:2; Acts 5:3-4)
- The Comforter (Jn. 16:7 KJV)
- The Counselor (Jn. 16:12-15)
- The Empowerer (Acts 1:8)
- The Sealer (Eph. 1:13-14)
- A Person (Rev. 22:17)
- The Convictor (Jn. 16:8)
- The Teacher (Jn. 14:26)
- The Presence of Jesus in the here and now (Matt. 28:20)

The Holy Spirit is not:

- a mystical fog (Isa. 11:2)
- a spirit of fear (Rom. 8:15; 2 Tim. 1:7)
- an impersonal power source to make meetings better (Jn. 15:26)
- Casper the Friendly Ghost (Acts 5:1-11)
- A power to be used for your own selfish gain (Acts 8:9-25)

The Holy Spirit is described as:

- a dove (Matt. 3:17; Luke 3:22)
- wind (Jn. 3:8; Acts 2:2)
- oil (Heb. 1:9)
- fire (Matt. 3:11)
- water (Jn. 7:37-39)
- wine (Acts 2:13)

- a “down payment” guaranteeing our salvation (2 Cor. 1:21-22)
- a sensitive entity that can be quenched or grieved because of sin (Eph. 4:29-30; 1 Thess. 5:18-19)

You receive the Holy Spirit upon accepting Jesus...

The Holy Spirit seals you -- He puts the imprint of God upon you, securing your salvation and depositing in you various gifts and revelations of Jesus Christ. These are a down payment for

everything you will receive when you are raised from the dead (Eph. 1:13-14). You know you are “sealed” in the Holy Spirit when you exhibit faith in Jesus and a love for other Christians (Eph. 1:15).

But there is more...

The baptism or infilling of the Holy Spirit is more than a one-time experience. In the early church, the same disciples:

- received the Holy Spirit when Jesus breathed on them (Jn. 20:22)
- were filled with the Holy Spirit on the day of Pentecost (Acts 2:4)
- were filled with the Holy Spirit after prayer (Acts 4:31)

*Paul viewed the baptism of the Holy Spirit as a necessary qualification for walking out the Christian life. He commands the Ephesian Christians to be filled with the Holy Spirit (Eph. 5:18).

What does the Baptism of the Holy Spirit do?

- He forms Christ’s character you (Isa. 11:1-5; Gal. 5:22-23)
- He clothes you with Christ’s power to do the works that Christ did, and even greater ones (Isa. 61:1-3)
- He increases your faith (Jude 20)
- He enables you to pray...
 - continually (1 Thess. 5:17)
 - when you don’t know what to pray (Rom. 8:26-27)
 - He allows you to receive spiritual gifts (1 Cor. Chapters 12-14)
 - He allows you to operate in specialized spiritual functions (Rom. 12:4-8; 1 Cor. 12:27-31; Eph. 4:11-13)
 - He fulfills the prophecy of Joel 2:28-32 (see Acts 2:16-21)

How did the first Christians receive the Holy Spirit?

In the New Testament, it never happened the same way twice:

- Jesus received the Holy Spirit as a dove descending on Him, and heard the voice of God declaring His favor on Him (Matt. 3:16-17).
- The first Christians were filled with the Holy Spirit as they waited on the Lord in prayer and worship. They did this in accordance with Jesus’ instructions (Luke 24:49; Acts 1:8).
- A blinded and humbled Saul was filled with the Holy Spirit when Ananias laid his hands on him. Saul received back his sight, arose, and was baptized (Acts 9:17, 19). Saul later became Paul.

-- Cornelius' household spontaneously received the gift of the Holy Spirit when Peter preached the gospel to them. They received the Holy Spirit before they were baptized in water (Acts 10:44-48).

-- Peter and John laid their hands on believers who had been baptized but had not yet received the Holy Spirit. For these Christians, getting saved and receiving the Holy Spirit were two separate experiences (Acts 8:14-17; note verse 16).

-- Paul laid his hands on men who had just been saved, and they received the gift of the Holy Spirit. These men told Paul, "We have not even heard whether there is a Holy Spirit" (Acts 19:1-7).

Though the manner was different, each person receiving the gift of the Holy Spirit manifested at least one of five things:

-- **Boldness**: the ability to do the will of the Lord in the face of fear (Acts 4:31)

-- **Joy**: real joy based on a knowledge of God, not on feelings or circumstances (Acts 13:52)

-- **Tongues**: other languages, both natural and supernatural in dialect (Acts 2:4-11; Acts 10:46; 1 Cor. 14:2)

-- **Supernatural power**: the ability to do the miraculous works of Christ (Acts 4:33-35; Mk. 16:17-18)

-- **Prophecy**: speaking the thoughts of God in love (Acts 19:6; 1 Cor. 14:3)

How do I receive the Holy Spirit?

-- Cultivate a hunger and thirst for righteousness (Matt. 5:6)

-- Cultivate an eager desire for spiritual gifts (1 Cor. 14:1)

-- Confess your sins and drop every wall of fear (Rom. 8:15; 2 Tim. 1:6-7)

-- Have someone lay hands on you and pray (Acts 8:17; Acts 19:6; 2 Tim. 1:6)

-- Trust that God eagerly desires to give you the Holy Spirit when you ask Him (Lk. 11:9-13)

-- Ask and receive (Matt. 7:7-11)

-- Look to God and begin with praise and thanksgiving (Eph. 5:18-20)

-- You receive the Holy Spirit by faith, just as you walk with the Lord by faith (Gal. 3:2,14; Rom. 1:17)

**As a general rule, the Holy Spirit will not forcibly compel you to do anything. You have to eagerly desire to be filled with the Holy Spirit. As the Holy Spirit responds to your hunger, you respond to His presence in faith and with a sincere heart.*