

# FaceTime: Daily Time with God

This lesson will lead you through how to begin a daily habit of prayer and Bible study.

Complete the following discipleship lesson using a pen and a Bible. Look up the verses below in Scripture and fill in the blanks when necessary.

Spending time with God is the most life-changing thing a person can do. The purpose of this resource is to encourage you to meet with God in prayer every day.

The great men and women of God in the Bible all spent alone time with God in study and prayer. For example, the Lord would speak to Moses "face to face" as a "man speaks to a friend" (Exodus 33:11).

Jesus himself spent time alone with His Heavenly Father in prayer (Mark 1:35). Jesus taught us this:

*John 15:5*

Apart from God you can do \_\_\_\_\_.

There are several important steps to spending time with God: Prayer, Listening, and Bible Study.

## Prayer: Talking to God

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. We too want to devote ourselves to intimate fellowship with God through prayer.

*NOTE: Rather than simply reading this lesson, practice each type of prayer and study before moving on to the next section.*

**How to Pray:**  
**A**dore  
**C**onfess  
**T**hank  
**S**eek

### "A" - Adore

The goal of adoration is to focus our heart and attention on Jesus. Worship and prayer naturally flow together as one because they are both communication between you and God. To "adore" means to "show love and respect." God is worthy of our praise, love, and respect.

Jesus prayed, "Our Father in Heaven, hallowed be Your name" (Matthew 6:9). In saying this, Jesus was declaring God's character. Declaring God's character aloud in adoration often brings new life and faith into our hearts.

#### How to adore God:

- Read scriptures about God's character (Ex: God the Father - Psalm 139; Jesus Christ - Col. 1:14-28; Holy Spirit - Rom. 8:25-26)
- Sing songs of praise and worship about Jesus
- Declare aspects of God's nature as seen in the Bible (Ex: Almighty, Beautiful, Comforter, Deliverer, Eternal...)

### "C" - Confess

Although God already knows about our struggles, confessing sin to Him brings us powerful freedom in Christ.

*1 John 1:8-9*

If we claim to be without \_\_\_\_\_, we deceive ourselves.... if we confess our sin, He is faithful and just and will \_\_\_\_\_ us our sins and \_\_\_\_\_ us from all unrighteousness.

#### How to confess sin:

- Ask the Holy Spirit to search your heart for sin (Psalm 139:23).
- Ask God's forgiveness in prayer for each sin (Psalm 51:4).
- Make changes in your life to respond (Matthew 3:8).
- Share your struggles with a trusted mentor (James 5:16).

## Prayer (Cont.)

### “T” - Thank

The Bible says to give thanks in all \_\_\_\_\_ (1 Thessalonians 5:18).

We want to respond to God by living a life of thankfulness even in difficult times.

#### Ways to give thanks:

- Think of ways that God has blessed you
- Thank God aloud for His provision in different areas
- Write down a list of things you are thankful for

### “S” - Seek

Jesus taught us to pray for our needs when He said to ask God for our daily \_\_\_\_\_ (Matthew 6:11). We should pray and ask for God’s help in every area of our life. God wants to answer our prayers with the blessing and healing that is present in Heaven (Matthew 6:10).

#### Examples of things to pray for:

- Your daily needs (Matthew 6:11)
- That you would be protected from temptation and evil (Matthew 6:13)
- The needs of others (1 Timothy 2:1)
- For global events and evangelism (Psalm 2:8)

## Listening to God in Prayer

The Bible teaches that if you belong to God you can hear what He says (John 8:47). Jesus beautifully describes what it is like to hear God’s voice when He depicts Himself as a shepherd in John 10. We are His sheep and He speaks to us in order to lead us into a place of safety and blessing.

The Bible is full of amazing stories of God speaking. God speaks in sensational and subtle ways. Many times God will speak to us so that we can be personally encouraged or so that we can encourage others.

#### How to listen to God:

- Remove distractions and pray that God would focus your mind.
- Ask God to speak to you. Remember if you ask the Holy Spirit to come, God promises to give you something good! (Luke 11:13)
- Wait silently for a few moments. God may speak to you in a ‘still small voice’ in your mind or even through a visual impression in your imagination.
- Write down what you feel God is saying. Many times God will simply speak to us for our own personal encouragement.
- The Bible says to “test everything” (1 Thessalonians 5:21). Test what you are sensing by processing it with your community and evaluating it according to the Bible. God will never contradict what He has already said in the Bible.

Take a few moments to listen to God for a personal encouragement now. Write down what you feel He is saying:

## Bible Study

The Bible is God’s Word and He uses it to speak to us today. It contains many books written over 1500 years ago. These people were writing words directly inspired by God.

**Every potential truth about God and the world is subject to the authority of the Bible.**

The Bible is our moral standard for truth and is profitable for all things.

#### How to read the Bible:

- Select a passage to read (for the purposes of this study, choose John 3:1-20).
- As you read, answer the “3 Simple Study Questions.”
- Record your answers in a journal for further study.

#### Bible Study:

##### 3 Simple Study Questions

1. **Look Up:**  
What does the passage teach about God?
2. **Look In:**  
How does the passage apply to me?
3. **Look Out:**  
How should I respond to the passage?