

# Devotional Times

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Built around

1. Scripture
  - a. About God, helps me know Him
  - b. He speaks through it
  - c. I read it ALL
  - d. I read for the big picture
  - e. It speaks to me
2. Worship
  - a. Helps fill my mind with His goodness
  - b. Importance of thankfulness
  - c. Filling my mind with good things
3. Mountains
  - a. Inspire me with His bigness

They all help me practice the presence of God, including Him in the present, acknowledging Him in the now, praying continually...

I used to be convicted by Paul's encouragement, thinking I can barely pray for 5 minutes, how can anyone pray continually. Now I think he means just what I do, live in the presence of Jesus, chatting throughout the day.

We all know how to build a devotional time, we just don't do the things we know we should! Like we all know how to make a good cup of tea, but not many people make the effort.

1. Set aside a moment to devote to the Lord – even 5 mins is good
2. Find a quiet space – the important thing is it is free from distraction
  - a. I sit in my favourite chair with a cup of tea and my Bible
  - b. Dog walk
  - c. Commute
  - d. Bath
3. Ask/expect Him to be with you and speak to you
4. Often need to do something to help make Him present
  - a. Read the Bible
  - b. Talk to Him
  - c. Play some worship
  - d. Get out and walk in nature
5. Just be honest
  - a. Like Job who was commended
  - b. Like Habakkuk

Do this like eating or sleeping, not because we 'feel' wonderful, but because we know it is good for us.

Doing this helps me live in the presence.

Find what works for you!