

Spending Time with God

A suggested plan for 15 minutes a day

Relax (1 minute)

?? Take one minute to focus your mind on God. (Psalm 46:10)

Read (4 minutes)

?? Take four minutes to read from the Word of God. Focus on listening to God as He speaks to YOU. Have an open mind and an open heart.

Reflect (4 minutes)

?? Think through what you just read. How does this passage apply to your life? How does this apply to your relationship with God, your family, the church, and the world in which you live?

Record (2 minutes)

?? Write down important questions, observations and personal applications from your reading. Decide on at least one action step to take based on what you learned today.

Request (4 minutes)

?? Pray to God with thanksgiving and express your needs to Him and your dependence on Him.