

## **Suggestions For Spending Time With The Lord**

### **5-15 Minutes... Worship the Lord**

- Sing or listen to music that glorifies God
- Read the Psalms silently or out loud
- Quote Scripture

Goal: To focus your eyes on Jesus, the Author and Perfector of your faith, rejoicing in God's goodness and His faithfulness to fulfill His promises.

### **10 Minutes... Meditate on The Father, Son, & Holy Spirit**

- Below are helpful scriptures  
Col. 1: 15-20                      John 15  
Hebrews 1:1-3                      John 16:7-15  
Exodus 34:6                          Rev 4-5  
Isaiah 52:13-Isaiah 53:9  
(see attachments for more)

### **5 Minutes... Meditate on Who You Are In Christ**

- Gal 2:20                              Psalm 139  
(see attachments for more)

### **5 Minutes... Pray for Those In Authority Over You**

- Your Faithgroup leaders
- CFCF leadership
- Other church leadership (elders, discipleship relationship, etc.)

### **5 Minutes... Pray For Faithgroup Members/ Friends/Family**

- They will experience intimacy with Christ
- They will have power to walk with God
- Any specific needs you know

### **5 Minutes... Pray For Friends/ Family and Those You Know Who Don't Know Christ**

- Veil of unbelief removed from their eyes
- Strongholds pulled down that are keeping them from knowing Christ

### **5 Minutes... Wait on The Lord For Specifics**

- Ask God if there is anyone you need to encourage
- Ask God if there is any area in your life that isn't totally submitted to Him
- Keep a journal noting what God is saying to you

### **15 Minutes... Read a Portion of Scripture Asking God For Revelation**

- Continuously read through a specific book of the Bible
- Pray and ask God for a Scripture passage that you need specifically that day trusting that His "word is a lamp for my feet, a light on my path" Psalm 119:105
- Memorize a Scripture verse or passage (especially applying to an area of weakness in your life or in order to build an arsenal to resist temptation)

### **5 Minutes... Praise God and Thank Him for His Goodness**