



**ANTIOCH**  
CAPE TOWN

Spending Time With God

**YOU'RE INVITED:** The wonderful thing about our relationship with God is that He invites us to be with Him. Like any relationship, if you want to get to know someone deeply, you spend time with them, asking questions, listening, and learning about who they are, what they like and dislike, and what they are passionate about. You get to know them! And the more time you spend together, the deeper your friendship grows. And as your friendship grows, the deeper you know, understand, and love one another. God loves us completely already, but as we spend time with God and grow in our relationship with Him, we can learn more about His Character, understand His plans for our lives, learn to be more like Him, and grow in our love and adoration for Him. He is our Father, and He loves to spend time with His children!

Here are some ideas to help you spend time with God every day. There is no “right way” to do this. Showing up and being with God is what is important. He wants to be with you! But, these are some things Jesus talks about in the Bible that are helpful in getting to know Him and growing in our relationship with Him!

### **START BY WORSHIPPING THE LORD**

Worship calms our thoughts and reminds us that God is bigger than any of our circumstances. It helps us focus on Jesus. Start by playing a worship song and sing with it, or meditate on the words of the song. Read a Psalm or scripture out loud. If you play an instrument, play a song for the Lord as you focus your thoughts on Him. There are many types of worship, and there is freedom in discovering how you best connect to the Lord in worship. He is faithful and will meet with us as we worship Him!

### **MEDITATE ON THE FATHER, SON, AND HOLY SPIRIT**

The Lord wants us to know Him in His fullness, as God the Father, God the Son, and God the Holy Spirit. These scriptures may be helpful:

- God the Father: Psalm 68: 5, Psalm 139: 13-17, 1 Peter 1:3-5
- God the Son: John 3:16, Hebrews 1:1-3, 1 John 5:20
- Holy Spirit: John 14: 15-16, John 16:7-16, 1 Corinthians 2:10-13

### **PRAY FOR:**

- Intimacy with Jesus, power to walk with God in every area of your life, and for any specific needs you or others might have. He knows every part of you; there is nothing you can't talk to Him about!
- Confess your sins! Jesus invites us to confess our sins so He can offer forgiveness and restore our hearts. We don't have to be afraid to confess. We want to be more like Jesus, and when we confess, He restores and renews us.
- Family: Parents, siblings, spouse, children
- Those in authority over you: Lifegroup leaders, church leaders, government leaders, etc.

- Pray for unbelievers you know at campus, in your neighborhood, or at your work place. Pray for the unbelievers all around the world to know and follow Jesus.
- Spend time thanking Jesus for areas in your life He has been faithful, prayers He has answered, or blessings He has given you.

### **SPEND TIME LEARNING TO LISTEN TO THE LORD**

Ask God if there is anything He wants to speak to you today. Ask God if there is anyone you need to encourage, or any area of your life that He wants to talk to you about. Spend a few minutes in silence, waiting on the Holy Spirit to speak to you. It may be helpful to keep a journal, and write down anything you feel like God is saying.

### **READ AND MEMORIZE HIS WORD**

Read thoughtfully and prayerfully, and meditate on what you have read and how you can apply that to your life today. Although it was written many years ago, it is alive and active and will offer guidance and counsel in any situation you are in (Hebrews 4:12). God loves to speak to us through His Word. Sometimes it helps to read through a book of the Bible, reading a chapter each day. Psalms, Proverbs, John, or Romans are good books to start with. Some people may read a chapter of the Old Testament each day and a chapter of the New Testament each day. Pick a verse or passage to memorize each week and recite it daily.

### **ALWAYS END YOUR TIME PRAISING GOD AND THANKING HIM FOR HIS GOODNESS!**

**REMEMBER!** The Lord invites us to journey with Him throughout our entire day, in every part of our lives. When we set time aside to spend time with God, it helps us focus on Him and grow in our friendship with Him, as we learn what He is like and how to hear His voice, how we can be more like Him, and how we can obey Him.

However, the Lord also invites us to be with Him throughout our entire days. We can talk to Him throughout the day, worship Him in the car or on the bus, pray for the sick, encourage a friend, share the Gospel, and invite Jesus to be a part of every single moment of our days. The beauty of relationship with Jesus is that it is not just a “part” of our lives, it is our lives! As we set aside time to meet with God each day, we learn how to abide with him and walk with Him all day, every day.