

Why You Need A Regular “God Time”

Life Transformation in 52 Weeks



“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” Joshua 1:8 NLT

- Do you long to grow spiritually and be closer to God?
- Would you like to see noticeable positive changes in your attitudes, desires, behavior, conversations, and outlook on life?

What is a “God Time”? Some people call it “devotions” or a “quiet time.” Others call it private Bible study. Regardless of what we call it, the basic idea is to set aside time in our schedules to spend time alone with God. Usually, the “God Time” is spent in Bible reading, prayer, and worship. But it can also include scripture memorization, journaling, singing, and worship.

The purpose of the “God Time” is to grow closer to God, to commune with Him, to hear His whispers as He speaks to our hearts when we read the Bible, to grow in our knowledge of God and the Bible, to experience life transformation as God changes our hearts, attitudes, and values, to express our worship of Him, and to talk to God through prayer.

- The Bible shows us that **Jesus** had regular time alone with God - Luke 6:12; 9:28; 11:1; 22:39&45; Matt. 26:36; 14:13; Mark 6:46; 14:32.
- The Apostle **Peter** had a regular God Time - Acts 10:9.
- The Apostle **Paul** and his missionary traveling companions had a regular God Time - Acts 16:13, 16.

The Central Lesson:
Having A Regular “God Time” Can Lead to Better Times

1. **LIFE** Transformation—Romans 12:2.

Spending daily time alone with God will cleanse and renew your mind resulting in life change.

*“Don’t copy the behavior and customs of this world, but let God **transform you into a new person by changing the way you think.** Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*

Having a God time of Bible reading, prayer, and worship will change the way you think. God’s thoughts will fill your mind and thinking. This will result in God changing your life.

Will you let God transform you into a new person?

2. **SUCCESS** and Prosperity in Living—Joshua 1:8.
Spending daily time alone with God will enable you to live successfully and prosperously.

*“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to **obey** everything written in it. Only then will you **prosper and succeed** in all you do.”*

Spiritual Progression of Joshua 1:8

Bible Study ► Meditation ► Obedience ► Prospering & Success

3. Victory Over the **TEMPTATION** of Sin—Psalm 119:9-11.

Spending daily time alone with God will empower you to resist sin’s temptations.

“⁹ How can a young person stay pure? By obeying your word. ¹⁰ I have tried hard to find you—don’t let me wander from your commands. ¹¹ I have hidden your word in my heart, that I might not sin against you.”

4. **STRENGTH** to Cope with Life’s Problems and Pains—Psalm 119:28.

Spending daily time alone with God will strengthen you to cope with life’s challenges.

“I weep with sorrow; encourage me by your word.”

5. **WISDOM** and Insight for Life’s Many Decisions—Psalm 119:97-100.

Spending daily time alone with God will give you the wisdom and insight needed to make good choices and decisions.

“⁹⁷ Oh, how I love your instructions! I think about them all day long. ⁹⁸ Your commands make me wiser than my enemies, for they are my constant guide. ⁹⁹ Yes, I have more insight than my teachers, for I am always thinking of your laws. ¹⁰⁰ I am even wiser than my elders, for I have kept your commandments.”

Conclusion

Having A Regular “God Time” Can Lead to Better Times.

Suggested Prayer: “Heavenly Father, forgive me for neglecting daily time alone with You. I know I need a regular ‘God Time’. I want to grow closer to You. Help me to daily set aside time for You and Your Word. In Jesus’ Name, I pray. Amen.”

Action Steps: ► Receive Christ as your Savior. ► As a Christian, dedicate your life to Christ. ► Invite someone to next Sunday’s Bible study. ► Attend a small group. ► Pray for friends that need Jesus. ► Memorize Joshua 1:8.