

YOUR SPIRITUAL LIFE



SPENDING TIME WITH GOD

with John and Nancy Ortberg

1. What do I need to do to stay alive spiritually?

You must ruthlessly eliminate hurry from your life.
Hurry is the great enemy of spiritual life.

2. How do you make time to be alone with God?

Authentic transformation really is possible if we are willing
to learn from Jesus how to arrange our lives.

Jesus devoted himself to service and ministry and also,
withdrew to be alone with God.

3. The importance of Solitude:

"Be still and know that I am God."

Solitude = the practice of abstinence: It is designed to
strengthen us.

Prayer is the most important thing to be done in solitude.

CENTERING PRAYER

Take a few moments just to settle your mind down: Focus...

Prayer involves being fully present with God- bring to God
what is really on your heart.

"Pray without ceasing..."

You can pray while you're doing all sorts of activities:
driving, walking, exercising, cleaning, working...

4. Washing your mind with God's Word:

The role scripture plays in the life of believers.

Scripture should transform us!

You can know the scripture and NOT be transformed.

Psalms 35:10: "My whole being will exclaim, "Who is like you, O Lord?"

Scriptures can enhance our experiences with God.

Why do people misuse the Bible?

- They use it to show other people why THEY should change, more than themselves.
- They read it for spiritual ammunition.
- People too often feel intimidated by the Bible.

**There is an enormous difference between being informed and being transformed:*

We need to study the Word.

Your mind will be "washed by the water" of the Word.

Take a thought from God's word and live with it.

We've mistaken information for wisdom. Read to be transformed.

Read the Bible like it is a love letter from God.

Take a small piece of scripture and let it change who you are.

For better or worse, people feed on words (or are 'formed' by words.)

How do we learn to feed on scripture?

Share it: Here's how God has been using scripture in my life...
share your story with others.

~Read it in a repentant spirit~

Assume that God will meet you as you read and meditate on the Bible.

Do something different because you read it.
Consider it your "Marching Orders" for the day!