

# How to Spend Time with God

## 1. Pray

Begin with prayer, asking God to speak to you as you read his word. Remember that you are not simply reading for information, but to cultivate your relationship with him.

## 2. Read

Read the Bible passages for the day in your Bible reading program. Track your reading using the handout, or through [www.bible.com](http://www.bible.com). You can also download an app for your phone.

As you read, watch for:

- Examples to follow or avoid
- Character traits to adopt
- Sins you need to confess
- Promises to live by
- Insights into God's character

## 3. Record your insights

As you read, write down key words, phrases, and insights in a notebook. Include the Scripture reference, so you can find it again. If God is speaking to you about a particular aspect of your life, make a note of it.

## 4. Reflect

When you have finished reading, reflect on what you have read. How is God speaking to you? Is there one portion of Scripture that especially speaks to you today?

## 5. Pray again

Take what you have learned from the Bible and turn it into prayer. What is your **response** to what God has been speaking to you?

- Praise God for who he is (his character)
- Confess sins and ask for God's power to resist temptation
- Thank God for his many blessings
- Claim his promises in prayer
- Submit yourself to him and let him take charge of your life
- Pray for your needs and the needs of others

You might bring several insights from the reading into your prayer, or focus on just one thing. It depends on how God is speaking to you.

## 6. Share

Find someone you can talk with about what you are learning. Perhaps find a few others who are reading the Bible, and meet once a week to share what you are learning and to encourage each other in your reading.