

THREE KEYS TO DEVELOPING INTIMACY WITH GOD

From the desk of Regina Williams, Titus2 Mentoring creator

Be Consistent

SET A TIME

We are all busy. Busyness is the enemy of relationships; it is the enemy of intimacy.

Psalm 46:10a – “Be still, and know that I am God.”

It must be a priority.

Matthew 6:33 – “But seek first His kingdom and His righteousness; and all these things shall be added to you.”

It must be scheduled. If it doesn't get scheduled, it doesn't happen. It's important to start the night before by going to bed early. Morning is the best time because:

It is before your day.

You go into the day with God's perspective.

HAVE A PLACE

Find a solitary place that you go as a habit; a place where you don't do a lot of other things.

HAVE A PLAN

Have your tools (Bible, journal, notepad, pen, etc.) readily available and a plan on how you will use this time.

Be Creative

JOURNAL YOUR JOURNEY

Keep a spiritual diary. Record thoughts as you meditate on Scripture. Write love notes to the Lord. List prayer requests and concerns.

It helps in disciplining your mind.

It is a good way to get some of your thoughts down and to record your spiritual journey—what God is doing in your life. You'll be able to look back and see how God has spoken and how He has worked. It becomes your story of how God has been faithful in your life.

WORSHIP HIM

Add music to your devotions. Play music or sing a cappella. Read a hymn out loud. Find several Psalms that speak to your heart and start your time by worshipping and acknowledging who He is. Try reading/singing the text out loud.

USE DIFFERENT VERSIONS OF THE BIBLE

It is important to find a Bible translation you understand for your regular devotions. However, reading other versions can bring a deeper understanding, as you compare and contrast. For example, you may relate more to “beloved” than “chosen one” or to “masterpiece” more than “workmanship.” Either way, the point is: you can gain a fresh perspective on the text by using multiple sources—including commentary/ study Bibles.

HIDE THE WORD IN YOUR HEART

Scripture is the first step to renewing your mind. Don't be afraid to write in, highlight, circle or underline in your Bible. Making a connection with the text helps you remember the Word—and find it later as a reference!

SPEND A HALF-DAY IN PRAYER

It may seem impossible, but as you set aside a large portion of time to spend with the Lord, He will meet you there in amazing ways.

USE A VARIETY OF METHODS

Oftentimes we get in a rut without switching up how we spend our Quiet Time. When you find yourself resisting or dreading your devotional time, you need to free yourself from one method and allow yourself to experience a different approach or plan.

FOUR QUESTIONS TO ASK YOURSELF WHEN MEDITATING ON SCRIPTURE

1. What does this passage say about God, about Jesus, about the world, about me?
2. Why is it important?
3. What should I do about it?
4. How can I remember this?

Be Conversational

DIALOGUE WITH GOD

"God is always speaking; he's always doing something. Prayer is to enter into that activity." — Henri Nouwen

READ HIS WORD AS A LOVE LETTER TO YOU

Psalm 27:8 "My heart has heard You say, 'Come and talk with me.' And my heart responds, 'Lord, I am coming!'"

RESPOND IN PRAYER TO WHAT HE SAYS TO YOU

Write out the conversation.

GO DEEPER WITH SMALLER SECTIONS OF SCRIPTURE

Choose a verse to meditate on for the day.

COME TO HIM WITH AN EXPECTANT HEART

Know that He desires to meet with you and speak to you.

Psalm 5:3 "Listen to my voice in the morning, Lord. Each morning I bring my requests to You and wait expectantly."

GIVE EXPRESSION TO HIS IMPRESSION

Do something with what He says.

WRITE IT DOWN

Share with someone. Obey any instructions He gives you.

RUN THE RACE WITH ENDURANCE

Remember, life is not a 50 yard dash—it's a marathon.

Nothing allows us to stay focused and monitor our lives better than our times with the Lord. There will be those up and down times; but what makes you that long distance runner and what keeps nurturing your relationship with your Heavenly Father is that daily time alone with God. This discipline is the best thing you can do for your health, your marriage and your family.

1 Corinthians 9:24-27—"Do you not know that those who run in a race all run, but only one receives a prize? Run in such a way that you may win. And everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air, but I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified."

Result of a life that consistently meets with God

GROWS OUR RELATIONSHIP WITH GOD

Deepens our hunger for God

Enlarges our view of God

Increases our love for God

Strengthens our faith in God

Sensitizes us to the presence of God

BENEFITS OUR PERSONAL LIFE

Quiets our spirit - We experience His unmistakable peace within us.

Enlightens our mind - Over a period of time we will be able to see things from God's perspective and sense God's direction for our lives.

Purifies our heart

Divinely energizes our body, emotions and spirit

ALLOWS GREATER INFLUENCE ON OTHER LIVES

2 Corinthians 4:14-15—"But thanks be to God, who always leads us in His triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. For we are a fragrance of Christ to God among those who are being saved and among those who are perishing."