



# How To Spend Time Alone With God

Every great relationship requires time in order to grow, and it's the same for our friendship with Jesus. God wants us to spend time with him! Here are some ideas to help you connect with God on your own:

**1. Choose a TIME when you are at your best.** If you are a morning person, spend time with God in the morning. The idea is to be with God when we are most alert and ready to hear him speak.

**2. Pick a PLACE where you won't be distracted.** Our world is FILLED with interruptions. Disconnect from the world, your texts and snapchats will still be there when you are done.

**3. Set a GOAL that's realistic.** Building the habit of a regular quiet time is difficult, so start with what you can handle. You may start with five minutes a day, two times a week. Eventually, it would be great to spend significant time with God every day!

## Ok So Now What?

### Pray

Prayer can be defined as "simple communication with God." You don't need to know anything special to be able to talk to God. Anyone can! So share what's on your heart. When we pray, we have more peace and less anxiety. We find more wisdom and make better decisions. God wants to hear what you have to say, and he wants to speak to you, too!

### Read your Bible

The Bible is God's love letter to us. By reading it, we learn how God wants us to live and his purpose for our lives. Sometimes it's good to read just a few verses, other times you'll want to read multiple chapters. Do what's best for you. We suggest you begin with the Gospel of Mark, so you can learn about Jesus. After that, check out Genesis, then Philipians, and John. After that, if you need some more suggestions, ask a CSM leader. Below is a guide in how to

read and study scripture to help you stay consistent and purposeful in your reading

### Read

This is simply reading Scripture. Don't do too much investigative thinking when starting. Try to highlight or underline words, themes, and patterns that stick out to you. Revisit them during the next step.

### Reflect

Here is where you really begin to search scripture. Look at what stood out to you and ask these two questions: What is God saying here? Where is Jesus in this? As you answer these questions, it is a good idea to make sure what you sense God saying is consistent through all of scripture, not just the passage you are reading.

### Respond

Don't just read to read. The Word of God becomes truly real in our lives when we respond with action to what God is saying. It is not enough to simply know, we must act so that our faith would continue to grow stronger.

### Journal

Express your thoughts, feelings, learnings, prayers, questions and anything else about your spiritual life. Writing things down helps us explore what we're learning from God. If you don't have a journal, we'll gladly give you one!

### Going Deeper

Read and reflect on Joshua 1:8, Hebrews 4:12, 2 Timothy 3:16-17, and Psalm 119:11. See what God has to say about the importance and value of studying Scripture.