

## **Devotions Ideas**

### **Simple Devotions Format**

Choose a verse or passage of Scripture to read and then journal the following. It may be helpful to choose a book of the Bible to be reading and read on each day from where you left off the previous day. You may want to read until something stands out and then use that passage for your journaling.

**What it says:**

**What it means:**

**Application:**

**Word or thought for the day:**

## Devotional Method of Bible Study

This method involves taking a passage of the Bible, large or small, and prayerfully meditating on it until the Holy Spirit shows you a way to apply its truth to your own life in a way that is personal, practical, possible, and measurable. Begin every study with prayer.

- ◆ Visualize the scene of the narrative in your mind. Put yourself in the situation as an active participant. What would you say? What would you do?
- ◆ Paraphrase a passage, using a small portion and looking up key words.
- ◆ Personalize the passage. The following “SPACE PETS” acrostic is a helpful way to remember how to do so.
  - **S**in to confess: Do I need to make restitution?
  - **P**romise to claim: Is it an unusual promise? Have I met the conditions?
  - **A**ttitude to change: Am I willing to work on a negative attitude and build toward a positive one?
  - **C**ommand to obey: Am I willing to do it no matter how I feel?
  - **E**xample to follow: Is it a positive example for me to copy or a negative one to avoid?
  - **P**ray to pray: Is there anything I need to pray back to God?
  - **E**rror to avoid: Is there any problem I should be alert to?
  - **T**ruth to believe: What new things can I learn about God or other Biblical teachings?
  - **S**omething to praise God for: Is there something I can be thankful for?
- ◆ Write out an application.
- ◆ Memorize a key verse.

## Quiet Time Ideas

Set a specific time for each day to meet with Jesus. Morning is ideal, but if you are a night person that time may be better for you. Find the perfect place that is comfortable and private. Have a notebook and pen to write down your dialogue with Jesus. Tell Jesus all that’s on your heart: all the things you are grateful for, all that troubles you, and all known sin.

Using your favorite translation read from God’s Word to hear what He has for you. Use a specific plan so you know each day where to go. Suggested plans:

- ◆ Psalms and Proverbs: read 5 Psalms and 1 chapter of Proverbs each day. For the Psalm take the day’s date and keep adding 30. For example, on the 10<sup>th</sup> read Psalm 10, 40, 70, 100, 130 and Proverbs 10.
- ◆ Go through one book in the New Testament or Old Testament a chapter or passage at a time.

Quality is much more important than quantity. When you “hear” a verse or a word from Jesus stop there and write it down. What is Christ telling you through it? Do you have any questions? Is He giving you

An example to follow?

An error to avoid?

A sin to forsake?

A promise to claim?

A new thought about Him?

Is there a word that catches your attention? What does it mean? Sometimes He speaks through just one word. You do hear His voice and He hears yours!

Be sure to write down all your conversation with Christ, your words to Him and His words to you. Take a word, a verse, a thought or a promise with you throughout the day. Thank Him for it and ask Him to remind you of it.

**Another suggestion:**

As you are going through a book of the Bible, choose a short passage for each day and do the following:

1. **Look in His Word.** Underline, circle or otherwise mark text if it will aid your study.
2. **List the Facts.** Make a verse-by-verse list of the most outstanding, obvious facts. What does the passage say? Be literal as you answer.
3. **Learn from the Lessons.** What lessons can be learned from these facts? What does the passage mean? Be spiritual as you answer.
4. **Listen to His Voice.** What does this passage mean to you? Rewrite the lessons from step 3 in the form of a question. Be personal as you answer.
5. **Live in Response.** Pinpoint what God is saying to you from this passage. How will you respond? Write down what you will do now about what He has said.

**Praying through Scripture**

Turn in your Bible to a simple and fairly practical passage. One of the Psalms or Proverbs may be a comfortable place to start.

- ◆ Quiet your heart before the Lord. If you need to empty your mind of other concerns or cares, jot them down on a piece of paper and give each one to the Lord before you begin.
- ◆ Before Him, read a small portion of the passage of Scripture.
- ◆ Read carefully and take in fully what you are reading. Taste and digest it as you read. You may be accustomed to racing through a passage to *complete* a certain amount or to get the main point. Instead, read very slowly.
- ◆ Do not move from one passage to another until you have sensed the very heart of what you read.
- ◆ When a portion of Scripture touches your heart, stop and turn it into prayer.
- ◆ After you know that you have internalized that portion of Scripture and prayed through it, slowly and gently move to the next portion. You may find when your time with the Lord has ended that you have read very little, possibly no more than half a page.
- ◆ Take the last few minutes of your quiet time to write in your journal what refreshing thoughts about your Lord captured your attention and affections.