



TIME WITH GOD



A Guide

This is a guide to relational time with God

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Where to Start!

IT IS ABOUT RELATIONSHIP

The number one thing you must ask yourself is "why am I having a quiet time?"

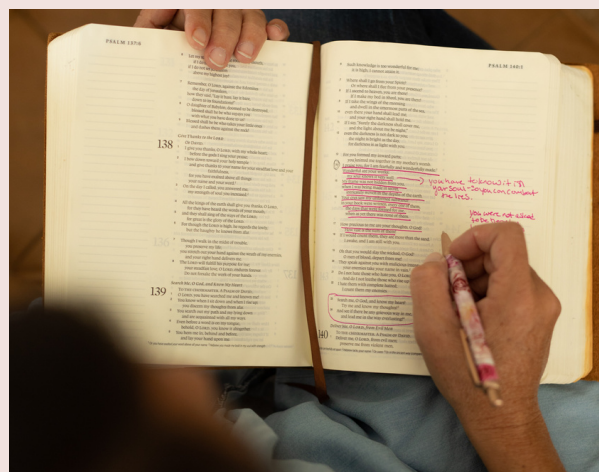
If your answer is because you have to or that you are supposed to then you are missing out on relationship with God.

If your answer is because you want to grow closer with God then you are in the right place. Time with God is not a **have to**, it is a **get to**. God desires relationship with us.

Look up and read Leviticus 26:12.

He wants your devotion, attention, love, and relationship.

Relational quiet time was the game changer for me. For many years I read the bible out of obligation and duty and I felt like I got no where. When I began to approach God look for relationship it changed things. This will guide you to how I have quiet time.





Step 1

EARLY IN THE MORNING

I Know this is not what you wanted to hear right now, but check out this scripture.

Let me hear in the morning of your steadfast love, for in you I trust.
Make me know the way I should go for to you I lift up my soul. Psalm
143:8

I do not believe there is one way and one way only to have time with God, but in my experience getting up and starting my day off with God has been the most effective. It also impacts my day for the good. I found that when I waited until the end of the day God did not get the best of me. Now early does not mean you have to get up before the sun, but I believe starting your day with God has the most impact on how your day will turn out.

There are plenty of verses in the bible that deal with rising early. I believe that giving God the first parts of your day can be a game changer for you. It tells God that He is priority.

**TIP: Go ahead and set all of your stuff up and have it ready to go before you go to bed. When you set the place you are more likely to keep the date.
Think of it like setting a daily date with God.**

Step 1

Have a real conversation



Talk to God

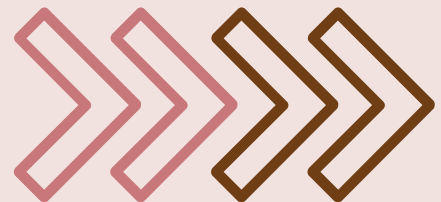
1 Peter 5:7 Cast all your anxiety on him because he cares for you.

Let God talk to you | Listen

2 Timothy 3:16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

I never liked the word quiet time. Your quiet time should not be super quiet. Or at least not the entire time. Think about your best friend, would you have much of a friendship with them if you never made time for them? Would you have much of a friendship if you did all of the talking? Would you have much of a friendship if you did not get to know them and their character. The answer to all of these is no, no you would not. It is the same with God.

On the next page I give an example of what my not so quiet quiet time consists of.



How I approach my not so quiet time

I love to approach my time with God with this simple format:

- I always start with thanking God for His presence and relationship with me.
- I then turn on a worship song that expresses my heart to God that day. Often times it will be the same song each day that goes along with the season I find myself in.
- Then I ask Him to meet with me right there. I will then turn on some sort of worship song and praise God through worship.
- Next I pray. I usually leave the music playing in the back ground.
- Then I ask God to speak to me through His word and I read a scripture. Most of the time this is not a very long passage. It is usually one or two scriptures I can meditate on. Sometimes I read a proverbs a day. This is not my bible study time. (that happens at a different time this is my relationship time with God)
- Then I journal- More to that on the next page



Journaling



- The last thing I do in my time with God is journal. This has been a transformative practice for me. I will write out my thoughts and prayers to God often.

Pouring out my heart and free writing is one way I have conversations with Him. Writing what is in my heart and soul.

Sometimes I like to rewrite scripture I have read. Other times I will ask God to speak to me and I remain still until I hear Him.

He often reminds me of what His word says about what I am going through. He will remind me of how loved I am.

His word says His sheep know His voice...we have to have relationship to know it. We have to be willing to sit in His presence and wait for Him to speak.(John 10:27) We also have to read what He has already said to us.

Journaling is something I challenge you to get into the practice of doing. It truly changed my walk with God. Even if you can not do it every day I challenge you to make it at least 1-2x per week habit.



Step 3

Walk in relationship

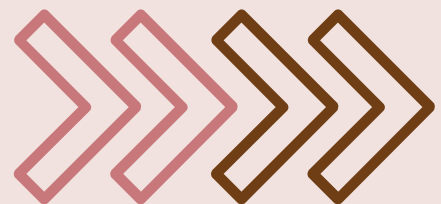
Now it is time to live out relationship with God.

Galatians 5:16 I say then walk by the Spirit

God's spirit is inside of you, so walk in it throughout your day.

If you are a believer then God's spirit is in you. When you spend time with God in this way you are full and fresh and can walk your day out continually. He goes with you in your day. Especially when you take the time to invite Him into it. When you start your day in relationship with God it is easier to step into your day ready for what it brings. You are ready to hear when God tells you something.

1 last thing



My challenge to you

There is no exact formula to this.

Your relationship with God is personal and you are invited to experience the fullness of his presence every time you say His name. You can have as much of God as you want.

My challenge to you is to not get caught up on the quantity of time but the quality...however commit to something daily.

If you can commit to the first 20 min of your day then do that. If it is only 10 that is fine too, **BUT** I have found with any good relationship the more time I spend the more time I want to spend.

If you want some extra help and would like a 7 day guided time with God I put together then text relationship to 251.230.8445 (only the word relationship nothing else and no quotes)

I CAN'T WAIT TO WATCH YOU GROW!



Bonus / 1 hour with God each day

01

10 Min Worship Time- Find a song that represents the cry of your heart or what you want the cry of your heart to be. Play that song and worship God with it. Do not be afraid to sing out loud...remember this isn't quiet time, it is time with God.

02

10 Min Prayer time- Pour your heart out before God. I love to use The Lords Prayer in Matthew Ch. 6 to start with and then go from there.

03

10 Min Scripture Reading- Read and meditate on a passage of Scripture. When you engage in scripture you are encountering God speaking.

04

20 Min Journaling | Write what is in your heart and mind. Surrender it all to God. Sit and listen if you ask Him a question. Write down what you feel Him saying. Write out a prayer that applies the scripture you just read.

05

10 Min reading or worship | The last 10 min is a buffer for me but it can be spent doing any of the above activities.