

Nine Minutes With God

Many people begin each morning by spending concentrated time with God and feel it gets their day started off well and helps them stay on track. Not everyone is a morning person however, so this can be done anytime of the day or even eventually split up.

If this practice isn't a regular part of your life, a good way to start is to take just nine minutes to devote time with God. Be sure you are alone with no distractions.

This is a simple guide on how to spend this time – a guide which you may want to modify or lengthen as time goes on. This is not something to do by rote or as something to check off your 'to do' list, it's just a help for those who have yet to do this or as a refresher if you've 'been away' for a while:

Take the first minute to ask God to help you to concentrate and to think about how great our God is. Relax. If there is anything bothering or distracting you, now is a good time to try to put it off until later. And ask God to speak to you, but don't worry if He seems quiet. Spending this time is *always* beneficial.

Take about four minutes of time for reading the Bible. Remember, this is the living, loving God actually speaking. Just read a little bit and think about what you've read. Try to think about it later in the day or while you're falling asleep. Psalm 119:97 says, "Oh, how I love your law! I meditate on it all day long." Think about how these verses affect you, help you to know God better, show you what God would like you to do, etc. One of the Gospels like Mark or John is a good place to start.

Then spend about four minutes speaking to God through prayer. Be genuine and let it be a little different day-to-day. You may use **A-C-T-S** as a model. **Adore**/Praise God for who He is, **Confess** /Acknowledge your sin, **Thank** Him for what He's done for you, and ask Him for what you need (**Supplication**), including spiritual things like faith, wisdom, comfort, etc., and share your innermost thoughts with Him. You may also eventually want to use the Psalms, the Lord's prayer (Matthew 6:9-14) and Paul's prayers (Ephesians 1:17-19; 3:16-21 for example) as examples of how to pray and worship.

You will soon discover that nine minutes just isn't enough. Let the time you spend change naturally. Concentrate on your devotion to your Lord as opposed to devotion to a ritual.

It's amazing how nine minutes a day can change your life.

Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. John 17:3