

Connecting With God

1) Spiritual Growth is a Process that Happens on Purpose

- a) A personal relationship with Jesus is similar to other relationships in that healthy relationships grow from time and energy investment.
- b) Salvation is the start line of knowing God; it's where the journey begins.

Goal # 1: G – Go to God Daily - Establish a DAILY QUIET TIME focusing on God

2) Spiritual Strength is Gained or Lost on a Daily Basis

- a) **Daily Quiet Time = Daily Spiritual Nutrition** and is the #1 Factor for Spiritual Growth
- b) Daily Quiet Time helps us stay connected with Jesus. (John 15:1-17)
- c) Jesus practiced quiet time in prayer. (Luke 5:16, Mark 1:35, Mark 6:31)
- d) Jesus calls Himself the bread of life who satisfies spiritual hunger and thirst. (John 6:35)
- e) Peter writes about new believers needing God's Word to grow like milk to a newborn baby. (1 Peter 2:2)

What is the best time? _____

What is the best place? _____

Things to do in your daily quiet time:

i) Read your Bible

- (1) Read through certain books ie. John, Psalms, Proverbs
- (2) Focus on topics for growth or strength to overcome struggles

ii) Pray

- (1) Pray about specifics needs, desires, problems – personal and societal

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(2) Turn scriptures and Bible promises into prayers i.e.

- (a) **Inner Peace** - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7
- (b) **Need Wisdom** - If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. James 1:5
- (c) **Physical needs** - And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
- (d) **Power to change** - Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. Ephesians 3:30
- (e) **Strength to do hard things** - I can do all this through him who gives me strength. Phil. 4:13

iii) Things to Bring/Do

- (1) Bible – to read and memorize scriptures
- (2) Notebook – to journal or write down thoughts, ideas or questions
- (3) Praise and Worship Music
- (4) Book – on topic of interest or need

Goal # 2 – W – Worship Together Weekly and Bring Friends

3) Connecting With God can be Easier in a Group

- a) Gathering together to pray invites Jesus into our presence. (Matthew 18:20)
- b) God comes into our presence during praise and worship. (Psalm 22:3)
- c) We should join together to encourage each other to do good. (Hebrews 10:24-25)

Action Steps for Spiritual Fitness:

1 – Spend at least 15-30 minutes each day in DAILY QUIET TIME with God

2 – Attend church every week and bring friends. – to pray, worship, learn from God’s Word and connect with people. ***Who can you invite this week?***

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