



Extended Time With God

I. LOGISTICS

- A. Find a comfortable place with few distractions.
- B. Make sure you are able to stay awake and alert. (If you are tired it is better to rest and try to spend time with the Lord at another date.)

II. PREPARATION

- A. Spend some time in prayer preparing your heart and entering the presence of the Lord.
 - 1. Prayers of praise
 - 2. Songs
 - 3. Have an expectant heart
- B. Ask the Lord to remove distractions, worries, tasks that need to be done, from your mind. (Write these down so you can set them aside. Continue to do this throughout your time with the Lord as a means of keeping your mind focused on Him.)

III. THE TIME

- A. Consider things that God might use to speak to you: sermon notes, Bible studies, journal entries, books.
- B. Look up verses on a particular topic that you have been thinking about.
- C. As you engage with these avenues of input, ask the Lord to speak to your heart.
- D. Spend some time in listening prayer. [See handout]
- E. Takes notes on what you are thinking and what you sense the Lord is saying to you.

IV. WRAPPING UP THE TIME

- A. Write out a few key things you have heard from the Lord.
- B. Consider how they might stimulate changes in your life.
- C. Spend some time praying through these new thoughts and thanking the Lord for how He has met with you during your time with Him.

