

FTL Study 5: The Importance of Time Alone with God

Some important scriptures:

- **Psalm 55:17** "Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice..."
- **Psalm 143:8-10** "Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O LORD, from mine enemies: I flee unto thee to hide me. Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness..."
- **Proverbs 8:34-35** "Blessed is the man that heareth me, watching daily at my gates, waiting at the posts of my doors. For whoso findeth me findeth life, and shall obtain favour of the LORD..."
- **Proverbs 10:14** "Wise men lay up knowledge: but the mouth of the foolish is near destruction..."

Some helpful statements:

- "God says He will bless the man who visits Him daily..."
- "Nothing will help you to grow more and to build your relationship with God more quickly than a daily quiet time. This is when you meet with God..."
- "Don't be discouraged if you can't do everything in the plan at the beginning...We all have to take baby steps before we can walk, then jog, then run a marathon..."

Working through the elements of a journal: (Teachers and Coaches)

- **Listening to God:** What did you learn from your reading?
- **Listening to a sermon on helpful podcast discussion:**
- **Reviewing scripture to familiarize and help you memorize:**
- **The PRAY acrostic:**
 - **Praise:**
 - **Repent:**
 - **Ask:**
 - **Yield:**
- **Putting action to what you read:**
 - **Share something you learned:** (Fathers and mothers consider doing this with your families)
 - **Take opportunities to share a gospel tract:**
 - **Reach out to a mature believer if you have questions:**
 - **Purpose to be an encouragement to someone:**

Some Helpful, Practical Principles:

- **Establish a regular time:**

- **Get alone:**
- **Have a pen and your journal**
- **Pray before you begin reading:**
- **Follow a schedule:**
- **Take it one day at a time:**
- **Consider a Proverb a day:**
- **MAP:**
 - **Meditate:** Develop the discipline of pondering the truth.
 - Morning
 - Lunch
 - Evening
 - **Analyze:** Dig into the details so you understand what you are reading.
 - Details:
 - Original purpose:
 - Timeless truths:
 - **Personalize:**
 - See the parallels.
 - Consider the principles.
 - Purpose to obey.