



REAL MOMENTUM

for a movement of men
transforming families and churches
to the ends of the earth

A Man & His Personal Devotional Life

Real Momentum Men's Study

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What is the personal devotional life?

The personal devotional life is called by many in America, the Christian's quiet time. It is the time set aside each day for prayer, Scripture reading, meditation, personalizing the Scripture, and the cultivation of the spiritual life.

The purpose of the personal devotional life is to:

- meet God
- experience God
- worship God
- commune with God
- speak with God
- hear from God
- know God

It is a time of personal fellowship with God. It is based on time for God and time with God.

ABRAHAM – is the first person in Scripture to demonstrate a personal devotional life.

- Genesis 19:27 states of Abraham, "He got up early in the morning to the place where he stood before the Lord."
- Genesis 22:3 says, "Abraham rose up early in the morning... and went into the place of which God had told him."
- These verses emphasize 2 key ideas: **Location** and **Time**

JACOB – gives us another example of the personal devotional life.

- Genesis 28:18-22 "Then Jacob rose early in the morning, and took the stone that he had put at his head, set it up as a pillar, and poured oil on top of it. And he called the name of that place Bethel; but the name of that city had been Luz previously. Then Jacob made a vow, saying, "If God will be with me, and keep me in this way that I am going, and give me bread to eat and clothing to put on, so that I come back to my father's house in peace, then the Lord shall be my God. And this stone which I have set as a pillar shall be God's house, and of all that You give me I will surely give a tenth to You."
- In these verses we see Jacob's **commitment** to God; and his **surrender** to God's will.
- Notice that Jacob, like Abraham, met the Lord in the morning

MOSES – Exodus 34;

- His preparation – vs 2
- He presented himself to the Lord – vs. 2
- His meeting with God was personal and private – vs. 3
- He experienced the presence of God – vs. 5
- He worshipped the Lord – vs. 8
- He interceded for his people – vs. 9
- God gave him instructions and directions for himself and his people – vs. 10 – 28

- He was transformed through his meeting with God – vs. 34
- He shared with others what God had shared with him – vs. 31,32
- He chronicled/journaled God's activity in his life – vs. 27

DAVID - II Samuel 7:18-29.

- He sat before the Lord (v.18)
- Acknowledged God's past provision and blessings (v. 18 – 21)
- Reflected on God's nature and who He is (v. 22 – 24)
- Remembered the promises of God (v. 25 – 28)
- He made request of God (v. 29)

ISAIAH – Hearing from God, Communing with God, Obeying God -> Daily (Is 50:4-5)

DANIEL – Prime Minister yet prayed 3 times daily -> Busyness (Dan 6:10)

EZEKIEL – Hearing from God on a daily basis -> Frequency (Ez 12:8)

JESUS – Our Lord never missed His quiet time. Jesus' quiet time is described in Mark 1:35 "Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed."

Isaiah 50:4-5 refers to devotional life of our Lord by saying:

"The Lord God has given Me
The tongue of the learned,
That I should know how to speak
A word in season to him who is weary.
He awakens Me morning by morning,
He awakens My ear
To hear as the learned.
The Lord God has opened My ear;
And I was not rebellious,
Nor did I turn away."

Seven Things God Does in My Personal Quiet Time

1. He speaks to my personal needs.
 - Character is more important than my ability to produce
 - Jehovah Jireh not Aladdin
2. He enlightens me on my journey.
 - Psalm 43:3 "Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle."
3. He clarifies decisions and direction in my life
 - Prov. 3:5-6 "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct[your paths."
4. He rebukes my personal attitude.
 - The still, small voice is a Megaphone.
 - God often reminds me that I am a...
 - i. Servant
 - ii. Shepherd
 - iii. Child of His
 - iv. Dependent on Him
5. He changes my heart

- Jer. 17:9 "The heart is deceitful above all things, And desperately wicked; Who can know it?"
6. He moves me out of ruts and discouragements.
 - My time with God early in the morning keeps me from getting stuck in an unhealthy pattern.
 7. He chases away pride.

Pride is the greatest temptation to a successful workplace minister. When we become known for our workplace expertise we are most susceptible to falling to the most devious sin in God's eyes – pride. (Os Hillman)

- God has utter distaste for those who think that what they have accomplished has anything to do with their own power.
- When we become prideful in heart, He will begin a process of reproof in our life.
- Nothing is worse than being cast aside because of our own pride and haughtiness!



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The Importance of Your Devotional Life:

Spiritual Growth – A basic ingredient for spiritual growth is personal time alone with God. This means giving your undivided attention for a specific period of time when you talk with God and you hear from Him. Spiritual growth is an increasing dependence upon God.

Spiritual Cleansing – It is necessary to be cleansed and purified by the washing of God's Word. Spiritual cleansing comes in your life as you obey and personalize God's truths in your life.

Spiritual Guidance – Essential to know what to do today is to seek the Lord. As we seek God's direction in our decisions through His Word and in prayer, He will give us spiritual guidance.

Spiritual Victory – You must hide God's word in your heart to not sin against Him. God's Word taken in and learned will give you victory over sin. It will allow you to face the challenge and burden of today. You are as safe as your personal devotions.

Spiritual Closeness – Draw near to God and He will draw near to you.

Spiritual Communion – We get to know the Lord as we meet with Him in our daily devotional life. Get to know God!

Spiritual Direction – The next step; not the whole plan. God doesn't always reveal the end of the path but he reveals the next step. Take that next step and He will show you the next one.

Spiritual Vision – The will, plan, purpose, and passion of God exposed to you.

The daily devotional life with God in the Word and prayer should be an experience to enjoy and not an event to endure.



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REAL MOMENTUM Devotional Life Toolbox

Primary Tool

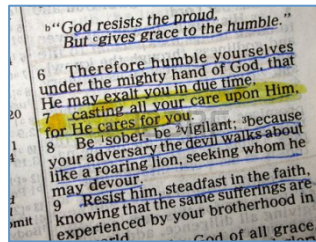
The Holy Bible

- Let God speak to you
- Choose a version you will read



Secondary Tools

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| | Notebook |
| | Bible Reading Plans |
| | Devotion Books |
| | RM App |
| | Bible Commentary |
| | Concordance |



- Use a notebook to journal what God is speaking to you
- Read Proverbs – 31 one chapters read one per day of the month
- Topical Study – Many available on-line or an APP like YouVersion
- Read the Bible in a year
 - Just read it cover to cover [approx. 4 chapters a day will get it complete]
 - One Year plans
 - Chronological Bible reading
 - F260 Plan [5 days / week] – on YouVersion
- www.biblegateway.com
- www.biblestudytools.com
- Devotion Books [read the whole chapter where the devotion content is taken]
 - My Utmost for His Highest – Oswald Chambers
 - Wisdom Hunters – Boyd Bailey
 - Many others at Lifeway
- [Download the REAL MOMENTUM for Men App](#)
- Bible Commentary [What do Bible scholars say]
- Concordance [Do a word study]

Tertiary Tools

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| | Discipleship Groups |
| | Bible Studies |
| | Conferences |
| | Christian Books |



- Discipleship Groups – typically 3 – 5 gender specific groups designed for life on life accountability
- Attend a Bible study, Conference, or read a book to go deeper into God's Word