

# TALK IT OVER

## First Things First

Week 2: *First of Our Day*

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Icebreaker: What is a typical morning routine for you?

*Matthew 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

God Time/ Quiet Time/ Devotional Time- the space and time we carve out in our schedules to be alone with God

## Jesus modeled getting alone with God.

*Mark 1:35-39 (ESV) "And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. And Simon and those who were with him searched for him, and they found him and said to him, 'Everyone is looking for you.' And he said to them, 'Let us go on to the next towns, so that I may preach there also, for that is why I came out.' And he went throughout all Galilee, preaching in their synagogues and casting out demons."*

### ✓ He got up early

*Before he needed to be anywhere  
Before anyone needed him*

### ✓ He went to a desolate place

*Retreat, solitude  
Went to a place where he would not be disturbed*

### ✓ He prayed

*To spend time with his Father  
To speak with his Father  
To be in His presence*

## The Goal is worship and intimacy.

*Luke 18:9-14 "He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: 'Two men went up into the temple to pray, one pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."*

*John 15:9 "As the Father has loved me, so have I loved you. Abide in my love."*

## God Time looks different in every life stage

High school vs college  
College vs full time job  
Single vs married  
Without kids vs with kids

We have a different capacity for each life stage

Capacity = opportunities and limitations

## Helpful tips to start or grow in giving God the first of your day

### 1. Determine your capacity.

Mental- How awake are you in the morning?  
Time- When do you need to be out of the door  
Spatial- Where do you like to go to be alone?

Aim for stretching yet reasonable (how you spend your time and how much)

Adjust your habits (ie do you need to go to bed earlier? Do you need to put your phone in another room to avoid distractions?)

### 2. Balance prayer and scripture.

This doesn't have to look one way. Here are some examples:

10 minutes reading Bible and 10 minutes praying

Praying about something you read in the Bible  
Listening to a devotional (Bible)  
Reading a psalm (Bible) and then praying through it (prayer)

Sitting in silence, reflecting on something true about God (Bible), and giving thanks (prayer)

### 3. Try something new.

Sometimes God wants us to engage him deeper in familiar ways and in new ways. Sometime when we feel stuck, we need to be led through something by someone else.

Download a Bible reading app  
Download a prayer app  
Listen to a teaching series

RightNow Media: Set up your free account [Here](#).

### Discussion Questions

- ✓ Do you see spending time with God daily as essential?
- ✓ When do you spend time alone with God?
- ✓ What does your God Time look like?
- ✓ Do you like your God Time? Dislike it? Feel indifferent?
- ✓ What do you do when you feel stuck in your time with God?
- ✓ Where do you like to go to spend time with God?
- ✓ What is something you are curious about doing for your God time?