



## Pt. 1: Getting Alone With God

Questions for further study and application:

- Day 1 When you are feeling stress and pressure in your life, you look for anything to help create an escape. It can be tempting to distract yourself with food, TV, video games, alcohol, shopping, or another vice that will provide the relief you are seeking. Once the satisfaction of that temporary distraction fades, that pressure and stress are going to come right back. Instead of embracing avoidance and distractions; turn and embrace God. He is the only one that can provide you the relief you are seeking. Making a point to spend time alone with God is going to give you the peace you are seeking. Read Isaiah 40:29-31. Don't run away from the stress and pressures of life; turn to God and let Him give you strength.
- Day 2 Summer days are often filled with fun, vacations, and loads of activities. Add that to work and family schedules, it's easy to lose sight of spending time along with God. Think of all the distractions you have in your day to day life that end up draining you. What keeps you from getting alone with God? Read Mark 1:35. Jesus knew when it was time to step away from everything and spend alone time with God. Because He spent time alone with God, He never let Himself become rushed and worn down. Read James 4:8a. God wants you to make a point to spend time alone with Him so your relationship with Him can strengthen and grow.
- Day 3 Read Matthew 6:6. In this verse, Jesus is teaching you how to spend time alone with God. He starts by saying when you pray. He's talking about when you've set aside time to pray. Think about your schedule, are you great at consistently setting aside time to pray every day, or does the hectic pace of life get in your way? It's time to be intentional, and make a point to spend time with God every day. Time alone, without distractions. Read Jeremiah 29:12-13. Stop making excuses and really look at your schedule. You already know that you make time for what's important to you. Chose a time that will consistently work for you and commit to keeping it. Watch how your relationship with God begins to grow.
- Day 4 Matthew 6:6 also tells you to choose a private place and pray to your Father. So many unexpected things pop up in life. Choosing a place to pray to God allows you to tune in and not only talk to Him but in return, let Him speak to you. Think of a place where you can be open and vulnerable with Him. Read Psalm 62:8. He is a loving Father, and you can trust that He will listen and love you unconditionally. He knows what you need and when you need it. Go to Him with what you need, with your frustrations, and your doubts. When you get alone with God and pray to Him, He will renew your mind and your strength.
- Day 5 If you want to experience God's best for your life, you must trust that He hears you and will take care of you. Read Matthew 7:7-11. There isn't anything in your life that God doesn't know about and He cares about what you're going through. He wants you to have faith that He will answer you in His own way and in His own time. Give your stress, struggles, and pressures to God. Let Him reward you with an amazing plan for your life; it's a plan that is better than you could ever imagine. Turn off the TV, put down the phone, find a quiet place, and tune into God. Prepare to grow like never before.

## What's New?

At Waters Edge, we believe that everybody needs a group! Groups are where you connect, care, and grow. You will meet new people, grow closer to God, and have fun! Every campus will have groups featured in the lobby on July 8; don't miss your chance to find your summer group.