

## **Basic Guidelines for Devotions**

### **I. Pray**

- Ask the Holy Spirit to open your heart, mind, and soul to God.

### **II. Read and Underline**

- Read a certain portion of the Bible and underline key words or phrases that catch your attention. As you read, ask God to speak to you through specific words or phrases.

### **III. Highlights**

- Write down the date and bible passage reference in your notebook.
- Write down the verses or underlined words that caught your attention.

### **IV. Reflection**

- These basic questions are helpful in conversing with God over the passage. Writing answers in your notebook can be helpful to your reflection.
  - What is God saying to me?
  - What do I want to say to God regarding this passage?
  - What should I do?
- Here are additional questions that may help you reflect.
  - What do I learn about God, me, and/or others?
  - Is there an example for me to follow?
  - Is there a command for me to obey?
  - Is there an error for me to avoid?
  - Is there a sin for me to forsake?
  - Is there a promise for me to claim?

### **V. Application**

- Write down an action, thought, or emotion to pursue and put into play.

### **VI. Prayer**

- Ask God to seal and help you apply what has been revealed to you.

### **Additional Suggestions**

- It is helpful to have a consistent time and place to have devotions. Pick a specific time of day and a quiet place where you can focus.
- Having devotions in the morning (before we dive into our tasks for the day) helps us focus on and walk with God throughout the day.
- Remember that the goal of devotions is to spend intimate time with God. Be careful not to turn it into a chore or task. Remember to focus primarily on being with God.
- These are only guidelines. Because devotions are about spending intimate time with God, allow the Spirit to ultimately lead you in hearing, speaking, and being with God.
- God bless you, and may your devotions be life for you and for many.