

tools for spending time with Jesus

We are so happy that you have chosen to spend time with God by reading His WORD!

Isn't it insane that the God of the universe and the creator of everything existing gives us the Bible as a way to not only learn about Him, but as a place to hear from Him!?

In this document you will see different tools to help you in navigating through the Bible and spending time with God. These tools are not the only ways you can dive into scripture, but we hope that it can be a guide to you as you get started.

It's ok if it feels intimidating, you are not alone in that! Jesus desires time with you and it is amazing that you are taking the steps to be with Him. We can't wait to hear how it goes!

Before you use any of the following tools, be sure to grab a journal and a pen. This can be used to take notes, underline in your Bible, or use for any of the following activities!

tool #1



S O A P

tool #1

Grab your journal and write in Big Letters down the left of the page S, O, A, P with space below them to do the following activity per letter!

Scripture Physically write out the 3 verses that stood out to you. You'll be amazed at what God will reveal to you just by taking the time to slow down and actually write out what you're reading.

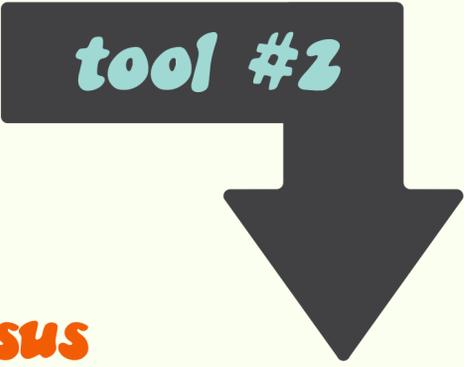
Observation Ask questions: What do you see in all of the verses that you read? Who is the audience? Do certain words repeat? What big words stand out to you? Feel free to also write any questions that you have about the part that you just read in the Bible.

Application Ask the following questions:

1. What is God saying to me today?
2. How can I apply what I just read to my own personal life?
3. What changes do I need to make?
4. Is there an action that I need to take?

Prayer Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life. Feel free to write out your prayer in your journal.

tool #2



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Pray.

tool #2

Read.

Respond!

PRAY

Before studying and reading God's Word, ask God to focus your heart as you spend time learning, listening, and understanding His word.

READ

Spend time reading the passage, highlighting or underlining anything that stands out to you.

ASK

Write down any questions you have about the passage.

SUMMARIZE

Summarize what the author is communicating in this passage.

Try to summarize in a sentence or two.

PRAY

Spend some time talking to Jesus about what you just read, ask him your questions and sit and listen for His voice!

RESPOND

Ask yourself "How is God calling me to respond to the what I just read?"

tool #3

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Prayer Activity

tool #3

Step #1

Using your dominant writing hand, write a letter to God as if you were writing to your friend. Be honest with where you're at even if it feels messy and vulnerable.

God desires to meet us exactly where we are. Write for 3 minutes than continue to the next step.

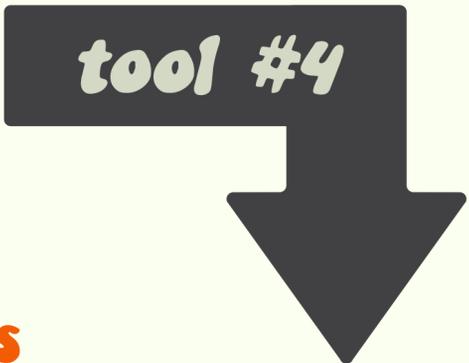
Step #2

Using your non-dominant writing hand, write a letter to yourself from God as if He were responding to your previous letter. Try your best to respond from what you know of God.

Write for 3 minutes.

Reflect back on what you wrote, and then what you felt God responded with.

tool #4



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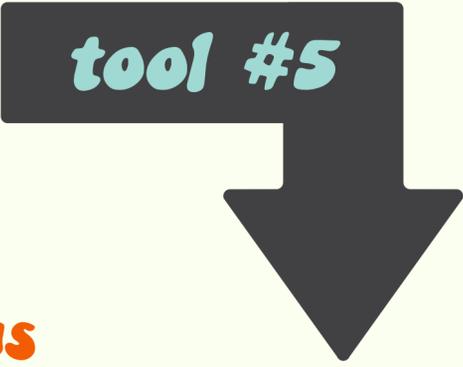
Use Your Creativity!

tool #4

Take a few pages from your journal to draw, doodle, write a poem or prayer to God, whatever you want to do with Him. He loves your creativity!

We would suggest putting on some worship music as you work!

tool #5



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Praying Prayers from Scripture

tool #5

We can pray prayers that have already been prayed by faithful followers of Jesus.

Here are two prayers from Paul that you can pray as your own. You can also do this with any of the Psalms!

The Apostle Paul in Colossians 1:9-12 (New Living Translation)

"[I] continually ask God to fill you with the knowledge of His will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of His holy people in the kingdom of light."

The Apostle Paul in Ephesians 3:14-21 (New Living Translation)

"When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen."

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