

Encountering God in Your Daily Life

7-DAY GUIDE TO
SPENDING
TIME WITH GOD
DEVOTIONAL & JOURNAL

with

LISA OSTEEN COMES

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7-Day Guide To Spending Time With God

Every meaningful relationship requires time and attention in order to grow deeper and stronger, and our relationship with God is no different. That's what a daily devotional is all about, spending time with God on a consistent basis through reading the Bible and through prayer. It's setting aside a few minutes to get to know your heavenly Father and the plans He has for you. During this time, you can freely express your thoughts and concerns to Him. You can talk to God out of your heart and He always listens.

Spending time with the Lord is not a law; it is a privilege to enjoy. Neither is it about being legalistic, but about growing closer to the Lord and learning from Him. Many people have never had this modeled in their life and may not know where to begin. Through this 7-day plan I want to give you some suggestions and help you get started on this wonderful journey of getting to know your God.

I encourage you to journal your thoughts each day as you reflect on the questions I have included after each devotional. I pray this 7-day guide will help take your relationship with the Lord to a whole new level!

Love,

A handwritten signature in cursive script that reads "Lisa".

Lisa Osteen Comes

Day 1

Find a quiet time and place where you can be alone with the Lord.

We live in an activity-addicted world where we think we have to be on the move all the time in order to be productive, but that's not necessarily true. When you sit down with the Lord for a few moments each day, you may feel like you are not doing much, but you are growing spiritually. You are gaining life-changing knowledge and wisdom as you read the Bible. You are learning to receive from God, and recognize His voice and leading in your personal life. In fact, your day will go much better when you take the time to honor God and hear from Him.

But when you pray, go into your room, CLOSE THE DOOR and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.
Matthew 6:6, NIV

Casting the whole of your care [all your anxieties, all your worries, all your concerns once and for all] on Him, for He cares for you affectionately and cares about you watchfully.
1 Peter 5:7, Amplified Classic

What distractions should you close the door on in order to spend time with the Lord daily?

Journal the things that concern you today and give them to the Lord in prayer.

Day 2

Spend time reading God's Word.

The Bible is the Word of God and is full of encouragement and wisdom. It's not like any other book in the world! One of the primary ways God speaks to us is through the Bible. It is our Christian manual and shows us the will of God.

When you read the Bible, you begin to learn about your heavenly Father, His plans for your life, and His tender loving care for you. The Bible is very practical for every day living, and the stories in it are meant to encourage and teach us how to live a life of purpose that pleases God.

As you begin this journey to read God's Word, I encourage you to ask God to give you understanding and wisdom as you read. Also, find a Bible translation that is easier to understand, such as the New International Version or the New Living Translation. And don't get discouraged if you do not understand everything you read at first because you will grow and learn more in time.

Your word is a lamp for my feet, a light on my path.
Psalms 119:105, NIV

Open my eyes that I may see wonderful things in Your law.
Psalms 119:18, NIV

What personal promises have you found in the Word of God?

What has the Bible taught you about who you are?

Reading Plan Suggestion:

- 1 Chapter in the New Testament beginning in Matthew
- 1 Chapter in Proverbs for wisdom
- 1 Chapter in Psalms for encouragement and to learn how to pray and talk to God.

Day 3

Take time to express your love and gratitude to the Lord.

Worship is not for church only. When you are alone with God, you can take time to express your love and appreciation to Him. You can talk honestly out of your heart like you would with a trusted and dear friend. Don't worry about trying to be eloquent or use the right words. Just be yourself because God likes you the way you are!

You can say: *Father, I love You, I worship You, and I adore You! Thank You for Your goodness in my life. Thank You Jesus for giving Your life for me! I grateful that I am forgiven and free! I trust You and I depend on You!*

*Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.
Psalm 100:4, NIV*

*Come, let us bow down in worship, let us kneel before the Lord our Maker.
Psalm 95:6, NIV*

What things are you grateful for today?

Express your love to God as you write in your journal.

Day 4

Present your prayer needs and requests to God.

God is definitely interested in helping you with the small things and the big things of life. What do have going on today? A project, a job interview, a relationship challenge, or a financial need? Ask God specifically to help you and give you wisdom and direction. Proverbs 16:3 teaches us, *Commit your actions to the Lord, and your plans will succeed.*

Once you pray, don't continue to worry about the situation. Instead, every time you think about it, thank God for helping you. That's how you release your faith to God, by truly trusting Him with your life.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
Philippians 4:6-7, NLT

*This is the confidence we have in approaching God:
that if we ask anything according to His will, He hears us.*
1 John 5:14, NLT

What are the needs and requests you can pray about today?

How can you stay in faith and not give into worry about these needs?

Day 5

Don't view your devotional time as a religious ritual, but as a relationship.

If you think of your devotional time as a ritual, it will possibly become monotonous to you. You must remember that when you accepted Jesus as your Lord and Savior, you didn't join a religion. You entered into a real and genuine relationship with God Almighty, who desires to be your heavenly Father. You are His child and He likes to fellowship with you on a daily basis. He wants to impart into your life and He will watch over you.

Every time you read the Bible, you are storing up God's Word in your heart, and it will come out of you just at the time you need it. You are getting stronger spiritually, and this affects every area of your life in a positive way. As you spend time with the Lord, He will begin to rub off on you! Soon you will begin acting and responding more and more like Jesus.

*The Lord is like a father to His children, tender and
compassionate to those who fear Him.
Psalm 103:13, NLT*

*See what great love the Father has lavished on us, that we should be called children of God!
1 John 3:1, NIV*

Is your devotional time with God a duty or is it a delight to you?

How can you depend more on God as your heavenly Father?

Day 6

Make the most of extra opportunities to grow.

Spiritual growth doesn't just happen—you have to be intentional about it. One of the ways I have grown spiritually over the years is by taking advantage of the little opportunities in my life. Like listening to an encouraging sermon while I am putting on my makeup in the morning or when I am driving in my car. Or, reading a helpful book while I am waiting in line or on an airplane. It's amazing how much you can accomplish in these seemingly small moments.

What I have learned is that I must prepare for these opportunities by having Cd's in my car or a book ready to grab. And today, there are so many great podcasts and teachings available online. When you take advantage of these growth moments, not only will you be encouraged, your life will be transformed by the power of God's Word. Approach everyday with the willingness to grow closer to God.

*Be very careful, then, how you live—not as unwise but as wise,
making the most of every opportunity.
Ephesians 5:15-16, NIV*

*But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be
glory both now and forever! Amen.*

II Peter 3:18 NIV

What opportunities in your daily life can you use for growth moments?

In what ways have you grown spiritually lately?

Day 7

Evaluate your priorities on a regular basis.

If you are too busy to spend time with the Lord then possibly you are too busy. It's very easy to get out of balance in our schedule because there are many good things we can get involved in. And if we are not careful, we'll let our time with the Lord slip. I like to be involved, but I always have to go back to this: what has the Lord called me to do? When I focus on those things, I am able to stay balanced in life.

I also know that I must stay connected to God because He is my Source. I need Him! I need His wisdom and direction in my life. He is the One who equips me for the plans and purposes He has for me. The Bible teaches us to be still and know that He is God. (Psalm 46:10) In this highly stressed world we live in, it is vital that we spend time alone with God to receive from Him. Relax and enjoy His presence daily, for in His presence is fullness of joy. (Psalm 16:11)

*In the morning, I watch and wait [for You to speak to my heart].
Psalm 5:3, Amplified Classic*

*You make known to me the path of life; You will fill me with
joy in Your presence, with eternal pleasures at Your right hand.
Psalm 16:11, NLT*

What do you need to focus on to create balance in your life?

What do you feel the Lord has called you to do? List your top five priorities.

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