

# TIME ALONE WITH GOD

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35*

- Why is it important for you to spend time alone with God?
- How did Jesus spend time with God? (*Luke 6:12, Mark 6:45-46, Mark 14:32-34*)
- Jesus spent alone time with God often (*Luke 5:16*). What are some strategies that you use to protect your quiet time? How can/do you prioritize your schedule so that you spend time with God every day?

**ACTIVITY:** A relationship with God is a two-way street. We hear from God through the Scripture; we speak to God through prayer. It is helpful to choose and follow a reading plan, such as one from the BSM or through an app on your phone like the Bible app. When you spend alone time with God, bring your Bible, journal, and a pen.

For the next 15 minutes, let’s each spend alone time with God using the steps below. After that time, we will meet back as a group and discuss the experience. Consider reading [Luke 14:28-33](#) or [1 Peter 4:7-11](#).

## 1. Spend time reading Scripture and journaling thoughts and notes.

Write on a sheet of paper: “Day\_\_\_\_\_ Date\_\_\_\_\_ Scripture\_\_\_\_\_”

*Before you begin, ask God: “What do you want to say to me?” and “What do you want me to do?” Read the passage two times. Use the questions below to study the passage and journal your answers.*

Use **G.P.S.O.S.** to study the passage:

*God - What does this passage say about God?*

*People - What does it say about people?*

*Summarize – How would you summarize the passage?*

*Obey – How will you obey/apply the passage?*

*Share – Who could you share this truth of the Gospel with this week?*

## 2. Spend time in prayer. Use “ACTS” to guide your prayer time.

**A**doration - Reflect on God and praise Him for his character.

**C**onfession - Humbly admit your sins to God.

**T**hanksgiving - Tell God how grateful you are for everything He has given.  
*(Thankfulness for both good and bad things helps us to see His purposes.)*

**S**upplication-make specific requests for yourself and others

## APPLY

“This week, I will \_\_\_\_\_.”

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