

## Ideas for Spending Time with God

*Try combining different elements of these into different times with God. Remember, think of time with Him not as a rule-based responsibility but a chance to hang out with someone with whom you're in a relationship.*

### Journaling

- As you study a scripture, try to write down questions that you have of the passage. Write questions that are observant, questions about how you'd interpret it and questions about how you'd apply it to your life or to the world around you. This will help you think more deeply about what the passage is saying.
- Put yourself in the place of a character in the passage and write out how you'd be feeling if you were her or him, just as you'd journal your own feelings in a situation.
- Write a letter to God- express to him all the different things you are feeling and be truthful. Maybe read it aloud to him when you're done.
- Write down the lyrics to a song you like and then think through how you're impacted by those lyrics. Can be a Christian song, worship song or just any song. Seek to find where God is intersecting with what the author is saying and how that can impact what you think about God.
- Write a poem or song in response to what you are learning or praying.

### Scripture

- No Bible roulette- don't just open your bible to a random passage and try to find meaning. Pick something that you're going to work through and stick to it for a set amount of time.
- Get a commentary- you can check out some online ones or buy one from IVP or Amazon. These are priceless- sometimes people give up on studying because they feel like they can't really get anything interesting out of the passage. Commentaries are there to help answer our questions and take us more deeply so that we can know God better.
- Read the passage aloud dramatically. This will help you hear it along with reading it and you might hear words that stick out to you as significant that you wouldn't have noticed if they were just read.
- Learn varied ways of studying scripture- manuscript, lectio divina, first person, inductive.
- Write down a verse that particularly impacts you or that you would like to have impact you on an index card. Stick the card up on a bathroom mirror, fridge or in your back pocket. Each time you see it, think about it, pray through it, etc. Ask God to continue to make it true to you throughout the day/week/month you have it up.

## Creative Ideas

- Prayer walk- take a jog or walk and pray not just about yourself but about the things you are passing. For example, if your jog is on campus at Mason, pray for other students there, for dorm life, for our IV chapter...If your jog takes you through a city park, pray for the life of the city, for God's work of justice and redemption, etc...
- Find a very quiet spot inside or outside and learn to sit in the presence of the Lord. Don't bring along anything to do, just go and be quiet. Listen to the wind in the trees, gaze at the beauty of creation...ask God to just be with you and remind you of His own perfect love and care for you. You might need to say something quietly over and over to slow your mind down- you can try something like "Be still and know that I am God," from the Scriptures or even just "God is here." Let him just speak to you. It might take a long time to feel like this is "doing" something. You need to trust that even when you don't feel or know it, God is at work in you, His child, and you'll see the fruit eventually.
- Turn on worship music in your apartment or car or even on a jog and just worship along with it. Use this to help set the stage for some study of Scripture or time in prayer as it will focus you on God and not on yourself.
- If you are artistic, try to play around expressing yourself through different media. Clay, drawing, painting, poetry, dancing...whatever you most feel at the moment! Maybe you've just read a passage about God's faithful nature and you want to express something about that to Him.