

HOW TO SPEND 4 MINUTES WITH GOD

Mt 6:9-15, 3/7/21

B-PRAY-FL - Bible/ Praise, Repent, Ask, Yourself/ Forgive, Listen

- BIBLE- 1 minute- 30 seconds read, 30 seconds respond
- PRAY-FL- 30 seconds each = 3 minutes
- TOTAL = 4 minutes

HOSTS – Hear, Obey, Share, Train, Serve

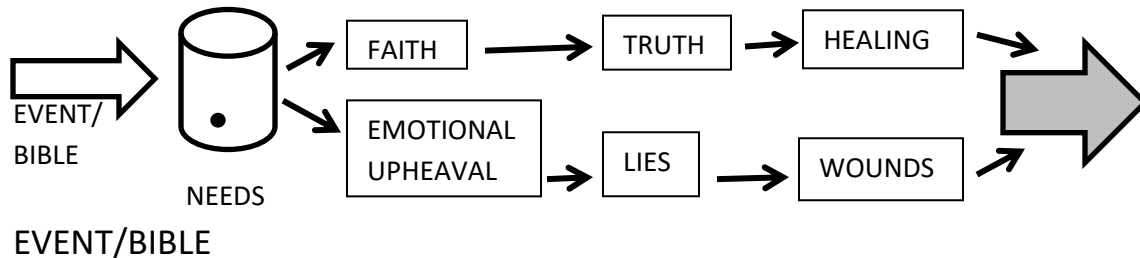
THRU THE DAY- let your Quiet Time connect you to Jesus thru the day!

1ST MINUTE- BIBLE – Lord, love me, search me, show me

- 30 seconds- read Bible- (10- 15 verses, 1-2X)
- 30 seconds- SOAPS
 - **S**cripture- write the verse(s) that stuck out
 - * SPEC- sin, promise, example, command
 - * Sword- God, us
 - **O**bserve- facts, not opinions
 - **A**pply- what's God saying to you? Changes, actions
 - **P**ray- it back to Jesus
 - **S**hare & serve- who to tell, serve?

2ND-3RD MINUTE- P.R.A.Y.

- PRAISE- 30 seconds
 - Adore- who God is
 - Thank- what God has done
 - Worship- sing, pray back the Word
- REPENT- 30 seconds- “search me Lord”- Ps 139:23-24



- What is the emotional lie I'm believing & why (events, needs- security, love, significance)?
- What is the effect on how I view God, myself, others & circumstances?
- What is the true truth & why?
- What effect would the true truth have on how I see God, myself, others & circumstances?
- DO this throughout the day, in the MOMENT

➤ ASK- 30 seconds

- God- your kingdom come, your will be done
- Others- bless in spirit, soul (well-being, peace), body (\$, health)
- Daily categories- Sun- church, Mon- family, Tu- friends, work, Wed- missions, Th- hurting, sick, Fr- government, Sat- community, world

➤ YOURSELF- 30 seconds- “give us this day our daily bread”

4TH MINUTE- F.L.- Forgive & Listen

➤ FORGIVE

- Who has hurt, disappointed, irritated, betrayed, criticized you? Been mean, unfair, etc.
- 4E.R.- Event, Emotion, Expectation, Evaluation (emotional lie & truth), Release
- Include forgiving yourself

➤ LISTEN

- What do you sense God is saying?
- Marching orders for the day? H.O.S.T.S.- hear, obey, share, train, serve

GETTING PRACTICAL

1. Baby Steps

- Pick a time
- Split it up- Bible in the morning, PRAY-FL at night??
- Take it slow. Set timer. Give yourself grace.

2. Use B-PRAY-FL- ALL through the day

- Use it in times of quiet, meditation, driving, can't sleep, temptations, etc.

3. Pray with others!

- Meals, bed time, conversations, needs, phone, text, prayer chain...

❖ What's God saying to you? Write or say it back in prayer. Who do you need to share or serve?