

# The Power of Daily Time with God

*The ONE Thing That Changes Everything, Week 1 of 5*

## HEART

The 5 things we all tend to wish we could change:

- Relationships
- Physical health
- Financial health
- Emotional health
- Spiritual health

There are all kinds of strategies for effecting change in each and every one of those areas, but there is **ONE thing** that will absolutely produce positive change in your life...

**A daily quiet time with God is the ONE practice that has the power to positively change every area of your life.**

## HEAD

Over 20 different times, the writers of the four gospels talk about Jesus' practice of withdrawing from the crowds to find a solitary place to talk with his Father.

### **Luke 5:16 CEV**

*Jesus would often go to some place where he could be alone and pray.*

And it wasn't just Jesus. Numerous biblical leaders and characters were shaped and changed in radical ways by the time they spent with God.

- Jacob, who wrestled with God.
- David, who wrote more than half of the Psalms.
- Nehemiah, who prayed under pressure.
- The prophets, who heard from God and passed the Word along.
- The disciples, who were taught by Jesus to watch and pray.

We're about to spend the next four weeks walking through what a quiet time with God looks like. Today, I want to give you the plan, as a whole.

## A 6-Part Plan for Having a Daily Quiet Time with God

- Adoration (praise God)
- Confession (confess sin)
- Meditation (read, study, and listen)
- Thanksgiving (thank God for things)
- Supplication (ask and make requests)
- Declaration (declare divine truth)

You will hear from God about where you need to change and about how to actually change, and you'll receive the power of God to take action and change for good.

### HANDS

Here's what I want you to do... **visit [gh.church/1thing](http://gh.church/1thing)** and sign up for text alerts throughout January so we can send you prompts - a scripture to read and a question to ponder.

### HEART

Are you ready to change everything for good? Not just to make more resolutions and set more goals and wind up disappointed in a few months, but to actually see positive change in every area of your life?

**Come and meet Jesus! Meet him now. Meet him daily!**