

Growth Track
Module 3: How Do I Grow
Student's Notes

Lesson One - Spending Time With God

Key Takeaway

Commit to a daily habit of spending time alone with God.

Introduction

1. As God's children, we have the privilege to spend time with our Heavenly Father - up close and personal.
2. By spending time with God, you can encounter Him for yourself!
3. You can also hear from Him and receive His love and wisdom every day.

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Mark 1:35

I. WE GROW IN OUR RELATIONSHIP WITH GOD AS WE SPEND TIME WITH HIM

Jesus set time aside to spend with His Father.

You can start from where you are.

- Be consistent
- Remove distractions

You can expect to encounter God for yourself.

Come close to God, and God will come close to you. James 4:8a

While there is no fixed format or activity to connect with God in our time with Him, the following are some ways we can meaningfully engage with God:

- A. Studying and memorizing God's Word
- B. Praying & listening to God
- C. Worshipping

II. WE GROW IN OUR RELATIONSHIP WITH GOD AS WE STUDY HIS WORD

Since God speaks to us through the Bible, we need to make Bible study an essential part of our time with God. In the coming weeks, we will go more in-depth in our methods of Bible study.

To begin, a simple and practical tool to study the Bible daily is the S.O.A.P method. S.O.A.P stands for Scripture, Observation, Application and Prayer.

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1. **S**cripture.
2. **O**bservation.
3. **A**pplication.
4. **P**ray.

Memorizing God's word strengthens us in our fight against sin.

I have hidden your word in my heart, that I might not sin against you.
Psalm 119:11

III. WE GROW IN OUR RELATIONSHIP WITH GOD AS WE PRAY AND LISTEN TO HIM

*...Jesus got up and went out to an isolated place **to pray**.* Mark 1:35

*But Jesus **often** withdrew to the wilderness for **prayer**.* Luke 5:16

IV. WE GROW IN OUR RELATIONSHIP WITH GOD AS WE WORSHIP

...Come into his presence with singing! Enter his gates with thanksgiving and his courts with praise... Give thanks to him; bless his name! Psalm 100:2,4

Conclusion

- Spending time with God and getting into His presence is essential for a fruitful and fulfilling Christian life.
- The daily habits of reading, studying the Word, praying and worshipping God will help us to personally connect with and encounter God for ourselves.
- Times spent with God help us to grow in intimacy with Him and mature as a believer.