

"How do I spend time with God?" 2 Corinthians 3:18

The ultimate purpose of our lives is to be with God and to become like God. The great hope laid before us in God's word is that one day we will be completely restored to the image of God and to intimacy with God...and that even now we can begin to enjoy this wonderful gift.

Why spend time with God?

- Intimacy

"This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent." —John 17:3

...I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ.... —Philippians 3:8

- Transformation

My children, with whom I am again in labor until Christ is formed in you....
—Galatians 4:19

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit. —2 Corinthians 3:18

How do I spend time with God?

"The disciplines are activities of mind and body purposefully undertaken, to bring our personality and total being into effective cooperation with the divine order."
—Dallas Willard

Engagement

- Prayer
- Study, meditation
- Worship
- Service
- Fellowship

Abstinence

- Solitude, silence
- Fasting
- Frugality, giving

How "disciplines" work:

- "Discipline" = "training"
 - "...discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. —1 Timothy 4:7-8
- Character is shaped by "training"
- Training works indirectly
- "Growth" is progressive
- Disciplines can become legalistic

"...the activities constituting the disciplines have no value in themselves. The aim and substance of spiritual life is not fasting, prayer, hymn singing, frugal living, and so forth. Rather, it is the effective and full enjoyment of active love of God and humankind in all the daily rounds of normal existence..." —Dallas Willard

What "should" it look like? (principles)

- Consistency
- Variety
- Freedom
- Self-awareness

Putting it into practice

"...it still comes down to me making a choice to spend focused time with Him. I have to believe it is necessary for my well-being; that the Word is the bread of life and without it I will starve. It's easy to let the urgent take priority over what's most important."

- Engagement
 - ✓ Word
 - ✓ Prayer
 - ✓ Fellowship
- Abstinence
 - ✓ Monthly "Sabbath"