

Conversation Starters

- How often do you communicate with the person you are closest to?
- What has that done for your relationship?

Discuss

Jesus was very intentional about spending time with the Father. He used the time to connect with God and orient Himself to God’s priorities.

“...but Jesus often slipped away to be alone so he could pray.” ([Luke 5:16, NCV](#))

- Why is it important for believers to spend time with God each day?
- If spending time with God was this important to Jesus, what does that mean for us?

Jesus’s time with God included prayer and reflecting and meditating on the Scriptures. This is quite different from the meditation we tend to think of and associate with Eastern religious practices. The impact of His time with the Father resulted in Jesus becoming redirected, refueled and resolved. God wants us to spend this kind of time with Him too.

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed...he traveled throughout Galilee, preaching in their synagogues and driving out demons.” ([Mark 1:35,39, NIV](#))

“Haven’t you read [the] Scripture?...” ([Mark 12:10a, NIV](#))

“If only you had listened...I would have told you what’s in my heart; I would have told you what I am thinking. I called, but you refused to listen.” ([Proverbs 1:23-24, NCV](#))

- How do you think the idea of Christian meditation could change your time with God?
- God wants us to spend time with Him. What does that tell you about God?

If we want to grow in our relationship with God, we must spend time with Him. We can build this into our life by 1) setting a time, 2) determining a place, 3) reading the Bible and 4) praying regularly.

- What time of day do you find it easiest to concentrate on God?
- What places do you find it conducive for spending time with God?
- What keeps you from spending time with God?

Next Steps

Spend some time with God three times this week. Use the principles we learned from Jesus. Below is an acrostic to help guide your prayer time.

A (adoration): Express your feelings for God.

C (confession): Confess your sins with absolute honesty.

T (thanksgiving): Thank God for all He's done in your life.

S (supply): Tell God what's on your mind, and ask for His help.

Bible Reading Ideas: Book of John, James and/or Genesis. Bible Reading Plan.

Mar. 3: [The Grounds Online Book Club: "After I Believe"](#)

Mar. 6: [MecKidz Family Serve Day](#)

Mar. 16: [The Purpose and Practice of Prayer](#)

Continued Reading

Read [Luke 5:16](#); [Mark 1:35-39](#); [12:10](#); [Proverbs 1:23-24](#).

Prayer

God, thank you for wanting to be with us. Thank you for Jesus and giving him so that we could be in a relationship with you and making it possible to speak with you anytime we want. Help us to use our time wisely and remove any obstacles that keep us from you.