

Conversation Starters

- How has your schedule changed in the COVID-19 pandemic?
- Do you feel close to God right now?

Discuss

The COVID-19 pandemic has taken its toll on the world and has us all in some uncommon circumstances. The temptation now is to focus on the circumstances rather than the time itself. We don't live under circumstances, we live under The Father. To survive a pandemic, we need to focus on how we're using our time, particularly with God.

"Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful apart from me. Yes, I am the vine, you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." ([John 15:4-5, NLT](#))

- Do you take ownership of your time, or allow circumstances to dictate it?
- How have you been using this time strategically? Productively?

Jesus was very intentional about spending time with God. Scripture tells us He often slipped away for it. We can do the same with the discipline of a set time and place (without distractions or noise) for reading the Bible and prayer.

"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." ([Mark 1:35, NIV](#))

- When was the last time you sat quietly before God and talked with Him?
- Where in your schedule can you consistently fit a 7 minutes block of time?
- Where can you get away from all noise and distractions?

Jesus' time with God had a huge impact on Him. Coming out of His time with God, Jesus became redirected, refueled and resolved.

"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. Simon and his companions went to look for him, and when they found him, they exclaimed: 'Everyone is looking for you!' Jesus replied, 'Let us go somewhere else - to the nearby villages - so I can preach there also. That is why I have come.' So he travelled throughout Galilee...." ([Mark 1:35-39, NIV](#))

- Where is your spiritual “gas tank” at?
- How can you benefit from a daily quiet time with God?

Next Steps

You are the only one who can carve out your time with God. Pick a time and place and commit to spending three “quiet times” with God this week.

7 Minutes with God

:30 Preparation

4:00 Read the Bible

2:30 Pray

“ACTS”

“A” is for adoration.

“C” is for confession.

“T” is for thanksgiving.

“S” is for a supply.

Sept 2: [The Grounds Online Book Club: The Storm-Tossed Family](#)

Sept 21: [The Meck Institute: The Practice and Purpose of Prayer](#)

Further Reflection

Read [John 15:4-5](#); [Mark 1:35-39](#); [Luke 5:16](#).

Pray

God, I love you. I know I don't always live above the circumstances of life, especially during these times. Thank you for your love and continuing to remain faithful even when we aren't. Help us to use our time wisely and order our days around you.