

Spend Quality Time With God

15 Minutes That Can Change Your Life

1. ***Relax*** (1 minute)

- ★ Take a minute to focus your mind on God.
- ★ “Be still and know that I am God” Psalm 46:10a

2. ***Read*** the Word (4 minutes)

- ★ Follow along with the Bible reading guide.
- ★ As you read, focus on listening to God as He speaks to you.
- ★ Have an open mind and open heart to God’s Word.

3. ***Reflect*** on the Word (3 minutes)

- ★ Think through what you just read. How does this scripture apply to my life?
- ★ How does this apply to my relationship with God, with my family, with the church, with others, and with myself.

4. ***Record*** (3 minutes)

- ★ Write down important questions, observations, and personal applications from your reading.
- ★ Decide on one action step to take based on what you read today.

5. ***Request*** (4 minutes)

- ★ Pray to God with thanksgiving and express your needs to Him.
- ★ Pray for strength to follow through with your actions step for the day.

- This outline is from iGrow by Focus Press

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