

Four Reasons to Keep Daily Appointments with God

The purpose of this short study is to address the common reasons we all struggle to spend personal time with God in His Word and in prayer. We will then discuss some practical ways we can help each other make this a consistent and life-giving priority in our lives.

1. WE HAVE SIGNIFICANT NEED

Excuse: *"I don't need it"*.

Truth: Okay, we wouldn't likely ever say that out loud. But the absence of this priority spiritual exercise in our weekly list of activities reveals that we truly don't think it's all that important. It unveils a degree of pride and self-sufficiency that says we can live without these personal appointments with God.

Action: 1. Confess to God that you have been doing life largely without His help.
2. Ask God to give you a hunger and thirst for Him and His Word.

2. WE HAVE SUFFICIENT TIME

Excuse: *"I don't have time; I'm too busy."*

Truth: If we were to do a personal audit on exactly where we spend our time throughout any given week, we would almost certainly find chunks of time when we could replace an activity (or non-activity) with some time spent with God. It's usually not a matter of time but of what we value most. We make time for what we deem most important.

Action: 1. Do a thorough and honest time audit.
2. Prioritize it. Schedule it. Do it.

3. WE HAVE AMPLE RESOURCES

Excuse: *"I don't know how to study the Bible. I don't know how to pray."*

Truth: There's never been a time in history when there were so many resources available that can help us in our spiritual formation. Start with a good Study Bible. Access the Blue Letter Bible for words studies, or the YouVersion app for reading plans and multiple versions of the Bible (many of them also available in audio versions). Ask your pastor for recommendations. Read one good Christian book every month or two. Commit to renewing your mind so you can be transformed into the likeness of Christ (Rom. 12:2).

Action: 1. Invest in some study tools. Access free and credible online resources.
2. Invite the Holy Spirit to "guide you into the truth" and enable you to put it into practice.

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4. WE (CAN) HAVE SUPPORTIVE FRIENDS

Excuse: "I don't have the support or the self-discipline to stick with it."

Truth: Increasing degrees of self-discipline and self-control are gifts of the Spirit (Gal. 5:23; 2 Tim. 1:7) made available to every believer. In addition to this, we have the body of Christ to help us with our goals and our motivation. Invest time weekly to meet with other believers for mutual support in following Jesus. Together, commit to making daily appointments with God your priority. Spiritual maturity and the abundant life will flow out of the abiding life.

Action:

1. Find one other person, or join a small group, to help you accomplish this priority activity.
2. Ask to be held mutually accountable by others with the same desire and goal.
3. Challenge one another. Check on one another. Cheer on one another.
4. Persevere. Don't quit when it is difficult or you stumble.
5. Remind one another that you are developing a life-transforming, life-time spiritual habit.
6. Start now.