

# RENEW: Daily Time with God

Lesson for Sunday, April 19, 2026

## INTRODUCTION:

- ⇒ We are learning the spiritual disciplines that will produce fruit in the life of the Christian disciple. Who can remember what we have discussed so far?
  - **Communicate:** Prayer
  - **Learn:** Studying God's Word
  - **Obey:** Being doers of the Word
  - **Store:** Hiding God's Word in our hearts and minds
  - **Evangelize:** Sharing with others the Good News
- ⇒ Today, we wrap up our acrostic with "R" which stands for RENEW. The disciple must set aside a daily time with the Lord and His Word for personal renewal.
- ⇒ There are certain things that we need to do every day. How often should we eat? How about sleep? Or communicating with those we love? How about taking a shower? Or checking your bank account? Or brushing your teeth?
- ⇒ Hopefully you get the picture! What is true in the physical world is true in the spiritual. There are certain disciplines we must follow through on daily, or the consequences can be severe.
- ⇒ At the top of the list is our daily time with God. As we say at FBT – start every day with the Bible on your lap and your knees bent at the throne of grace.

## BIBLE STUDY:

1. What is a daily devotional time?
  - a. Think of it like this: Our devotional time is our **daily** appointment with God. Notice that it should be daily.
    - i. Read Psalm 1:2 and emphasize "day and night."
    - ii. Read Psalm 5:3 and emphasize "in the morning." (Some translations read "morning by morning I lay my requests before You.")
    - iii. Think of it like this: How many days of the week do you need the Lord's direction, provision, protection, presence, etc.? Those are the days you start the day with the Bible on your lap!
  - b. Why is it important? Look up these verses and make the obvious points...
    - i. Joshua 1:8 – Our **success** is directly linked to our time in God's Word.
    - ii. Psalm 63:1 – Whether we acknowledge it or not, we desperately need God.
    - iii. Matthew 4:4 – Our spiritual life is directly related to God's Word just like our physical life is related to food.
  - c. Spending daily time with the Lord is more than just a good idea – it is a **necessity**.
2. When and where should we have our daily devotions?
  - a. Read Mark 1:35. What do we notice about Jesus's use of His time?
    - i. In the morning – before day (the when)
    - ii. A solitary place (the where)
  - b. When: As we have already seen in some of the previous verses, mornings are usually the best time.
    - i. ILL: Musicians always tune their instruments before the concert!
    - ii. Our "concert" is the day – where we work, shop, live, etc. It is best to "tune up" before we head out the door for the day.
    - iii. Discuss: What are the issues we face if we are going to meet with God in the mornings? *Discuss possible solutions...*
  - c. Where: The key is to find a place where you will not be **disturbed**.
    - i. Matthew 6:6 reinforces this point.

- ii. In our culture, it is more than just a place! Discuss other things that can disturb us. *Think about technology – primarily our phones. Every beep, ring or vibration distracts us from the seriousness of what we are trying to do.*
  - d. APPLY: Give your class members a minute to determine a time and a place where they can meet with God daily. Share your time and place!
- 3. What should my daily devotions include?
  - a. The Bible does not prescribe a specific regiment that we must follow, so there is plenty of wiggle room to design a time that fits your personality. Here are some of the key ingredients...
  - b. Prepare your **heart**. It is critical that we come before the Lord with the right attitude. Read these verses and point out the attitude we should have:
    - i. Psalm 5:3 – focus on the phrase “and will look up.” This is a time to dedicate our attention and focus on the Lord.
    - ii. Psalm 119:18 – we should ask the Lord to open our spiritual eyes. Also notice that the psalmist came with a sense of expectation. This wasn’t a routine!
    - iii. Psalm 139:23-24 – we should come with an open heart ready to confess, ready to listen and ready to obey.
  - c. Time in the **Word**.
    - i. Psalm 119:94-95 & Acts 17:11
    - ii. We are expected to spend time reading and studying God’s Word.
    - iii. The key is to have a plan. It begins with reading God’s Word and allowing God’s Word to warm your heart.
      - 1. *You can discuss the various reading plans that are available.*
      - 2. *You can read a Proverb a day, a Psalm a day, etc.*
      - 3. *You can choose a specific book of the Bible to read.*
    - iv. While you are reading, note any verses that speak to you. Once you are done reading, return to those verses and complete an HEAR entry for that passage.
  - d. Time in **prayer**.
    - i. Organize your prayer life. Spend time talking with the Lord.
    - ii. Praise Him, thank Him, confess your sins, intercede for others, and then review your personal needs.
    - iii. Tip: Use a journal or note cards to help organize your prayer life.
  - e. Plan to **obey**.
    - i. James 1:22 warns us about failing to be “doers of the Word.”
    - ii. Before wrapping up your devotions, consider how you can practice what you have learned in the next 24 hours.

#### APPLICATION:

- ⇒ Share with the class what you do for your daily devotions.
- ⇒ Make sure to offer your assistance in helping them piece together their daily devotions. Nothing may be more important!
- ⇒ Spend some time discussing the things that make daily devotions difficult, and how you can go about making this an essential habit for your life.

#### CONCLUSION:

There was once an old preacher who seemed to always be preaching and teaching on the importance of a daily devotion. Once, a lady approached the pastor and asked, “Why do you always talk about this one area? There seems to be much more you could preach about.” The preacher replied, “I have found that if I start every day with God, I can never stray over 24 hours away from Him.” The key to staying close to Jesus is starting the day with the Bible on your lap.