

# GREAT STUFF IN THE BOOK

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S E S S I O N 1

GET TO  
KNOW  
HIM



## Discovering time alone with God

Let's say you are in a dating relationship. How does it get to be a *relationship*? First you meet that special someone. Then, in time you are attracted to him (or her). Because of the attraction, you want to get to know the other person better. So you begin to spend more time together, and the more time you spend together the better you get to know each other. Eventually the two of you develop a loving *relationship*, and as your love grows stronger, the time you spend together grows more special.

The same is true of your relationship with Jesus Christ. Once you have been introduced to Him, you begin to develop a relationship with Him. As you spend time with Him, that relationship grows stronger.



Just to see where you are right now in your relationship with Jesus, check the appropriate boxes.

### My Relationship With Jesus

YES NO

- I have been introduced to Jesus Christ.
- I have accepted Him as my personal Savior.
- I am getting to know Him better.
- I am growing to love Him.
- I spend time with Him every day.
- I would like to know how to spend time alone with Him.
- I would like to improve the time I spend with Him.

If you could talk to Abraham, Moses, David, Paul, Martin Luther, John Wesley, Billy Graham, or any number of the great people of faith, they would all say that time alone with God strongly influenced their spiritual development. God wants you to be able to say the same thing.

*But I go to church. What's so important about spending time alone with God?*

That's like saying, "I go out with my boyfriend (or girlfriend) every Saturday night. Why do I need to talk with him (or her) at school every day?" By spending time alone with Jesus we get to know Him on a much more personal, intimate level.

**Growing, dynamic Christians consistently spend time alone with God.**



## WHAT IS TIME ALONE WITH GOD?

### Time Alone with God Is Personal Time with the Lord.

Getting to know Jesus better and better needs to be a top priority for every believer. When we spend time alone with Him, we get to know Him.



**Read Philippians 3:8.** How important was knowing Jesus Christ to the Apostle Paul?

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### Time Alone with God Is When God Speaks to Us

We're on the run all day -- class to class, friend to friend, appointment to appointment -- and in between band or ball practice, chores at home, an occasional date, a part-time job, and plenty of homework.

By the time we wade through our schedule and watch a little TV, we hit the sack exhausted. But how often do we sit down just to take an honest look at our lives? When do we take time to evaluate who we really are and where we are going. Time alone with God helps us see ourselves as He sees us.



**Write out the words of Psalm 139:23-24** and let them become a daily prayer from you to God.

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**Time Alone with God Is a Time to Commit Our Day to the Lord**

We worry about tests, dates, family relationships, and other stresses. Time alone with God provides the opportunity to give all our worries to God and trust Him to take care of us. We aren't big enough to handle our problems. God is!

How often can we commit our lives, with all their worries and problems, to the Lord? (Luke 9:2-3)



**Proverbs 3:5-6** tells us to trust God with our day.

- > What are two things we should do?

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- > What is one thing we shouldn't do?

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- > What will God do if we meet these conditions?

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**WHY HAVE A TIME ALONE WITH GOD?**



**God Desires Our Fellowship**

We may or may not think we are important, but the God who made the oceans, mountains, stars, galaxies, and the universe thinks YOU are somebody special! He receives pleasure from being with you!

Maybe you feel that reading the Bible and praying are things you *have* to do -- the duties of a "good Christian." No way! Prayer and Bible study are the communication channels between us and God. By using them to draw near to God, we can become His friends.



**Read Exodus 33:11** and describe the kind of relationship Moses had with God.

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**Jesus Deserves Our Attention**

As we get to know Jesus Christ, we soon realize that He had to pay an awesome price to make

our relationship with God possible. Jesus was nailed to a splintered Roman cross. He shed His blood. He sacrificed His life. Why? Because there was no other way to bring God and us together. Jesus loved us enough to pay that price.

**God wants to be our friend.**



Jesus deserves our attention. He is more than worthy of our praise, our love, our adoration, and our lives. How can we respond to Christ's sacrifice for us? (1 Corinthians 6:20)

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**The Holy Spirit Keeps Our Relationship with Jesus Growing**

Sam attended a Christian youth conference. When he saw the crowd singing, praying, and sharing the excitement of following Jesus, he committed his life to Christ. He was as high as a kite for the next couple of months.

But then his girlfriend dumped him. Instant confusion. He no longer felt the love and peace he had before. All he could think was, "This Jesus Christ business just doesn't work like everybody says it does."

Sam's reaction is common. Many people begin their relationship to Jesus on cloud nine, only to hit the ground with a thud the first time something goes wrong. Spending time alone with God protects us from that "roller coaster" and develops a daily relationship with Jesus Christ.



**Read Mark 1:35.** Even Jesus, during His time on earth, actively sought fellowship with His Father.

..... **Book Two – Spending Time Alone With God**

When did Jesus seek fellowship with God?

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Where did He go?

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What did He do?

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Because Jesus met alone with God regularly, He had the strength to do His Father's will, even when He didn't feel like it physically or emotionally. (See Luke 4:1 and 14.) If Jesus desperately needed time with His Father, how much more essential is it for us?

**God** has goals for our lives. Read the following verses, which describe some goals God has for us. Write those goals in your own words.



1 Corinthians 10:31

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Jeremiah 33:3

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Philippians 4:6-7

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**Moving Toward Maturity Series** .....

1. How can spending time alone with God *in Bible study* help us fulfill His goals for our lives? (See Hebrews 4:12.)

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2. How can spending time alone with God *in prayer* help us fulfill His goals for our lives? (See Hebrews 4:16.)

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3. Review what you have learned in this session, then answer these questions:

Why do I need personal fellowship with God?

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Why do I need God to speak to me?

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Why do I need a special time to commit every day to the Lord?

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4. Right now, choose a time to be alone with God for 15 minutes every day. During that time, read the assigned Scripture for the day (see *Assignment*), and talk with God in prayer. Be open to hearing what He wants to say to you. You may feel a little awkward at first, but soon this will become a special time for you.

5. Commit yourself to meeting alone with God every day at the time you have chosen. Then fill out the following commitment sheet.

Because I desire to glorify Christ in my life,  
\_\_\_\_\_  
(name)  
agrees to have a daily time alone with God at \_\_\_\_\_  
(place)  
and at \_\_\_\_\_ for the next 10 weeks.  
(time)  
Signature \_\_\_\_\_ Date \_\_\_\_\_

**Complete this session by memorizing Mark 1:35.**



### ASSIGNMENT

1. Have a time alone with God for 15 minutes every day this week. Look up one of the following Bible passages each day. Spend about half of your 15 minutes thinking about what the verses mean, and how they apply to your life. Then spend the rest of your time talking to God in prayer.

Later sessions will give you more specific guidelines, but it's important for you to begin spending time with God now.

Day 1: Philippians 3:8

Day 2: Psalm 139:23-24

Day 3: Proverbs 3:5-6

Day 4: 2 Chronicles 16:9

Day 5: John 4:23

Day 6: Hebrews 4:12

Day 7: Hebrews 4:16

2. Complete Session 2.