

# 5 Tips for Spending Consistent Time with the Lord

Do you ever put tasks ahead of spending time with Jesus?

A story in Luke 10 tells of two sisters and how they spent their time when Jesus came one day for a visit. Martha was busy scurrying to get to the end of her “to-do list,” but Mary chose a different path. She settled herself at Jesus’ feet, soaking in His words and His presence.

Perhaps today we can set aside our to-do lists until we’ve mimicked Mary. Let’s stop scurrying and be seated instead. There is always plenty of room at His feet.

Here are five ways to slow down and soak in the presence of Jesus:

## 1. *Give your to-do list to the Lord.*

Sometimes it is so hard to hear the Lord’s voice through all of the hustle of our day. We stress and obsess about our to-do list and all of our many appointments. The best way to focus in on our time with God {and to leave our to-do list behind} is actually to take our to-do list along with us!

Get alone and get quiet. Ask God to bring to your mind all that you must get done. Make a list of these things. Then, spend time praying through each item on the list.

As God brings more tasks to your mind, write them down. Don’t worry that it is unspiritual to stop halfway through a prayer and jot an item down. It helps you to clear your mind and then allows you to focus better on your time alone with God. He is concerned about all of the details of our life even if it is our plan to go grocery shopping or run to the dry cleaners.



## 2. *Get intentional.*

Treat your time alone with God as serious as any other appointment you have. When you have to go to the dentist, you brush your teeth and make sure you show up on time. Why do we assume our time alone with God will just happen spontaneously? Learn to treat it with intentionality. Enter in the time you will spend with God in your digital calendar or write it in your paper planner. You can even set an alarm on your phone. Have a designated time and stick to it.

## 3. *Read and write.*

Get a hold of a good devotional book or Bible study workbook. (You can check out my newest resource [here](#).) Use them to help you know where to read in the Bible. But don't just read the Bible. Write your thoughts down too.

Keeping a journal will help you grow your relationship with God. You will process as you write out your thoughts. Also learn to both read and write prayers. Read prayers in the book of Psalms out loud to God. Then, write out your own specific prayers to Him as well. It will amaze you when you go back later and see the ways that God answered your prayers.

## 4. *Make a recording and memorize.*

Ever vowed to memorize scripture but then failed to follow through? One way to remedy this is to memorize verses by listening to them audibly over and over again in your own voice. Use your phone's voice memo app to record yourself reading out loud any verses or passages of scripture you would like to commit to memory. Then, pop in your headphones and listen to the verses each day as you walk, do housework, or cook dinner. It makes it so much easier to cement the words in your in your mind this way!



## 5. Discover the Bible's non-negotiables.

Grab a Bible and a notebook. Pick a New Testament book such as James or Colossians. Read it through stopping each time you see a non-negotiable command that we as Christians are supposed to do. When you come across one, write it down. For example: James 1:19-21 (CSB) says...

“My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for human anger does not accomplish God’s righteousness. Therefore, ridding yourselves of all moral filth and the evil that is so prevalent, humbly receive the implanted word, which is able to save your souls.”

So you would write in your notebook:

When dealing with others, I need to:

~ Be quick to listen

~ Be slow to speak

~ Be slow to get angry because being angry doesn’t accomplish the things of God.

I must also:

~ Get rid of that which is morally wrong and evil.

~ I need to spend time planting the word of God humbly in my heart. It will save me!

When we read the Bible, we learn. However, when we write out the commands in a way that is personal to us, we allow the word to take root deep within our hearts. This will help us the next time we are faced with a situation where we need to react in a godly manner but find it challenging. When we have trained our brain to recall the non-negotiables of a Christian’s behavior, it allows us to act, and react, in a much better way.

