

# SIMPLE WAYS TO SEEK THE LORD EACH DAY

KAREN EHMANN

So often we assume the reason we don't spend more time each day connecting with God is because we simply don't have the bandwidth in our schedules. We can't find a lengthy chunk of time to read scripture, pray, sit still and meditate on a passage, or memorize a verse or two. But maybe we don't need to find an entire free hour. Maybe just a small stretch of minutes will do, if we utilize several such snippets of time throughout the day. By the time night falls, the minutes we spent seeking the Lord will not only have added up but will have kept him at the top of our minds as we poured our hearts out to him. Here are some simple ways to seek the Lord each day.



- ♥ **Ditch the devices and begin with prayer.** You know the routine. The alarm goes off and you start tapping, swiping, and scrolling on social media as soon as you awake. Try something different. Keep your phone in another room at night and use an old-fashioned alarm clock to wake you up. Then, before even getting out of bed, spend a few minutes praying, inviting God into your day and asking him to help you seek him throughout the many tasks ahead.
- ♥ **Tether prayer to certain tasks and objects.** Think through the duties you perform each day—as well as the common objects you use—and tether praying for people and situations to them. For example, whenever I brush my teeth, I pray for a friend who is facing life as a single mom for the first time. When I fold laundry, I pray for my husband, especially for our marriage. When I make the 15 minute drive into the city, I pray for my children's spouses. When I drive back home, I pray for my coworkers in ministry. When I do the dishes by hand, I lift up areas of my life I think need cleaning up. This doesn't take the place of sitting quietly in prayer, it just adds to it.
- ♥ **Meditate and memorize.** Choose a longer passage of scripture to meditate on from [biblegateway.com](http://biblegateway.com) that includes one key verse you'd like to commit to memory. Print it off on paper and highlight the key verse. Then, keep this with you in your purse. When you have pockets of time where you will be waiting—in the carpool line, at the doctor's office, or during warmups before your child's sport begins—take out the paper and thoughtfully read through it slowly, focusing on each phrase. However, also try to commit to memory the key verse you have chosen. Eventually, you will know it by heart!
- ♥ **Investigate the original languages of Hebrew or Greek.** Choose a verse that is especially meaningful to you. Then, head to an online source to unearth the original Hebrew (Old Testament) or Greek (New Testament) meaning of a word or two. (My favorite is [biblehub.com](http://biblehub.com)) For example, Hosea 10:12 speaks about seeking the Lord during our days in terms of growth and gardening. It states, "Sow righteousness for yourselves and reap faithful love; break up your unplowed ground. It is time to seek the LORD until he comes and sends righteousness on you like the rain." (CSB) The Hebrew word in this verse that translates to our English word "seek." It is *darash* (pronounced daw-rash). It doesn't just mean to look at something or someone. Its broad definition can mean any of the following: to care for, to study, to inquire, to consult, to investigate, to question or to search diligently for. Learning the meanings of words in their original language helps to clarify and bring to life the concepts in scripture so much.



# SIMPLE WAYS TO SEEK THE LORD EACH DAY

♥ **Jot it in a journal.** Keep a journal and pen near the place in your house where you are most likely to sit and waste time on your phone. Instead, record your thoughts about situations in the form of prayers to God, seeking his direction. This helps to combat worry and encourages trust in God instead.

♥ **Listen in the lulls.** When you have some spots in your day to listen, pop in some earphones and listen to the Bible on a Bible app. You can do this during transition times such as when you get home from work and before you launch into your evening routine. Or combine it with an activity such as walking, performing a household chore, or working outside weeding your flower beds.

♥ **Enlist the help of a friend.** Have a friend help keep you accountable. I use the walkie-talkie-like Voxer app with one of my friends. We will recite the verses we are trying to memorize out loud to each other on the app to help us learn them by heart.

♥ **Make a playlist.** Use a music app to craft a playlist of worshipful songs about seeking the Lord. Play it in the mornings when you are doing your hair and putting on your make up or in the evenings when you are straightening up the house once the kiddos are in bed. Or play it in the car during your commute to and from work or while out running errands.

♥ **Practice the pause.** Seeking the Lord doesn't just mean talking to him in prayer. It also means listening. Try to find a 10-to-15 minute stretch of time in your day to just sit quietly and listen to the Lord. You may sense him impressing upon you some new thoughts about a situation you have been praying through lately. Or perhaps a person will pop into your mind that you haven't thought about in ages. Reach out to that person soon to let them know you are thinking about them. You might be amazed at God's timing. Often that person will be facing something dire, and your being still allowed you to sense God nudging you to encourage them.

♥ **Send a text to the Lord.** Did you know that you can text yourself? Use this feature to text the Lord, pouring out your prayers to him. Instead of grabbing your phone to text a friend to vent your feelings or process a difficult situation, do it with God by texting your thoughts to your own phone number. Because we are used to communicating via text, it may provide a way to sort out your feelings and present them in the form of a prayer to God.