“The Real Deal on Devotions”

Introduction : Ps. 63:1-8

Main Point: Real Devotions are your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_with God.

I. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ someone.

II. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ someone.

III. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_ means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ someone.

Conclusion:

Quiet Time Tips

1. Schedule it in. Don’t think if “I have time.” If you don’t schedule it in, it won’t happen.
2. The recommended time is 30 minutes; less is too short, more is too long.
3. Make it a habit; the same time, the same place, everyday.
4. The morning time is preferred.
5. To help you focus and not be distracted, write down your thoughts in a journal.
6. Best thing to do to get started 🡪 join a **discipleship** class in your local church!

Share and Discuss:

1.  What have you learned today?

2.  What is your biggest obstacle to having daily devotions? Can today’s message help? What are you going to do?

3.  Please share your own experiences and tips to help each other.

“靈修最重要的關鍵”

引 言: 詩篇63:1-8

要點: 真正的靈修是你與神的 **\_\_\_\_\_\_\_**。

I. **\_\_\_\_\_\_\_** 意味著 **\_\_\_\_\_\_\_** 某人。

II. **\_\_\_\_\_\_\_** 意味著與某人 **\_\_\_\_\_\_\_**。

III. **\_\_\_\_\_\_\_**意味著**\_\_\_\_\_\_\_**某人並與他**\_\_\_\_\_\_\_**。

結論：

靈修時間的提示

1.安排它。不要想若“我有時間”。如果你沒有安排它，它不會發生。

2.建議時間為30分鐘; 少是太短，多是太長。

3.養成習慣; 同一時間，同一個地方，每天。

4.早上的時間是首選。

5.為了幫助你集中注意力，避免分心，請在日記中寫下你的回應。

6.開始做最好是🡪參加自己教會的門徒課程！

分享和討論：

1.你今天學到了什麼？

2.每日靈修最大障礙是什麼？ 今天的信息可以幫助嗎？ 你會怎樣做？

3.請分享你自己的經驗和秘訣來互相幫助。