

## **A Day Spent in Communion with God**

Mature Christians love time alone with God. In keeping with their example, consider setting aside a day to enjoy communion with God, seeking to know Him better and love Him more.

### **Where to Start:**

Schedule a full day away and find a place where you can be alone with God and free from distractions. Plan to keep communication devices turned off. If possible, plan to fast the mid-day meal.

### **What to Bring:**

Bring your Bible, any prayer guide you like to use, a list of people for whom you will pray, any worship CD you like, and a journal/laptop/paper. If you will have more than several hours, include a short book on a topic like prayer, humility, holiness, or revival.

### **What to Do in Advance:**

Start memorizing Psalm 84. Get a couple of friends to pray for your time apart.

### **How to Spend the Day:**

8 to 9 am:

Begin by worshiping God. Use a CD if helpful. Read aloud psalms of praise and thanksgiving (like Psalm 95-100) to the Lord. Take time to be still, and wait quietly before God.

9 to 10 am:

Express your desire to seek God by praying “A Prayer to Know God Better and Love Him More.”\* Prayerfully read Psalm 63. Spend the rest of this hour with your journal reflecting on your spiritual growth and considering changes God may want you to make for the future. Write out a prayer expressing your desire for deeper devotion to the Lord.

10 to 11 am:

Spend this hour in Bible study and working on your memorization of Psalm 84.

11 am to noon:

Spend this hour in intercessory prayer. Pray for your family, co-workers, church leaders, or those on the list you brought.

Noon to 1 pm:

Pray aloud the “Prayer for Greater Holiness”\* and the “Prayer for Spiritual Renewal.”\* Ask God to reveal areas of sin for which you need to repent and accept His cleansing. Enter in your journal anything the Lord teaches you.

1 to 2 pm:

Spend this time reading a book or reviewing your memorization of Psalm 84.

2 to 3 pm:

Pray “A Prayer for Effectiveness in Sharing the Gospel.”\* Make a list of people you know who are not yet followers of Jesus. Pray for each of them. Enter in your journal anything God puts on your heart concerning your witness or outreach. Pray the prayer for revival, “A Prayer for Revival in Our Nation.”\* Spend time praying for revival in your church, community, and nation.

3 to 4 pm:

Spend time reviewing your memorization of Psalm 84. Take time to enter in your journal anything God has taught you during the day.

4 to 5 pm:

Spend this hour in the way that seems best to you. End the time by praying that your love for God would overflow in love for others.

\*To find each of these prayers, visit located under [RiverOaksChurch.org](http://RiverOaksChurch.org) → Resources → Downloads → Spiritual Disciplines