

## **FAITH TRACKS: Day 6**

### **Basic Guides to Spiritual Growth - Track 5 (Friday)**

## **SPENDING TIME WITH GOD: A SPIRITUAL WORKOUT**

Your friends and family want you to spend time with them every day. God does too! It's very important that you spend time alone with God every day. You can think of it as having a spiritual workout which will strengthen every area of your life.

### **1. BENEFITS OF SPENDING TIME WITH GOD**

Read Romans 10:17. Spending regular time alone with God each day will help you grow in your faith. As a result, it will help you begin to trust God more each day with every area of your life.

### **2. A SEVEN-MINUTE SPIRITUAL WORKOUT**

Even taking just seven minutes alone with God can make a huge difference in your attitude and well-being. Below is a suggested spiritual workout which includes three steps.

#### **a. Pray: 1 minute**

According to 1 John 1: 9, if we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. In accordance with this verse, confess to God any known sin in your life. Then ask God to show you something new as you read His Word.

#### **b. Read God's Word: 5 minutes**

Choose a Bible verse. Read it and ask yourself three questions:

1. What does this say about God, Jesus Christ, or the Holy Spirit?
2. What does this say about me (mankind)?
3. What can I do to apply to my life what I've learned from the Bible verse?

#### **c. Pray: 1 minute**

Thank God for what you have learned.

Ask God to help you apply to your life what you have learned.

Then pray for yourself and others.

### **3. DOING A GROUP WORKOUT**

Now take a few minutes to complete the three steps of your Seven-Minute Spiritual Workout with other Christian friends. You can do this out loud and discuss it as you go.

### **4. DOING A PERSONAL WORKOUT**

Now take time to do a Seven-Minute Spiritual Workout by yourself.

#### **1. Pray - 1 minute**

Remember to: confess to God any known sin in your life. Then ask God to show you something new as you read His Word.

#### **2. Read God's Word - 5 minutes**

Read Mark 12:28-34. What does this say about God, Jesus Christ, or the Holy Spirit? \_\_\_\_\_

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What does this say about me (mankind)?

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What can I do to apply what I've just learned from these Bible verses?

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#### **3. Pray - 1 minute**

Remember to:

Thank God for what you have learned.

Ask God to help you apply to your life what you have learned.

Then pray for yourself and others.

**Now that you've tried it, you're ready to make this a daily workout! Enjoy!**