

RHC Devotional Guide

Devotions or “quiet” times are when we spend time with God, adoring him, beholding him, hearing from him and responding to him as he renews and transforms our lives.

We’re not as concerned when and you spend time with God but that you spend focused and undistracted time with God. Take this guide and modify it to align with your devotional temperament:

- Early bird
- Commuter Seekers
- Free Spirits
- Mid-Day Breakers
- Night Watchers

Prepare your Heart

Take a moment to pause, be still and ask the Holy Spirit to open your heart and mind to hear from God and be transformed by him.

Sample prayer: “Lord, cleanse my heart so you can speak to me through the Scriptures. Make my mind alert, my soul active, and my heart responsive. Surround me with your presence during this time. Use your Word to strike a fire in my heart and stir my affections for you.”

Listen to God

Read a passage in the Bible from the RHC Bible Reading Plan asking, “God, what do you want to say to me today?”

Ask the six questions using the "Sword" Method.

- The tip points up to the heavens: What do we learn about **God**?
- The handle is held up by people: What do we learn about **people**?
- Use the acronym "S.P.E.C." to remember four questions on the blade:
 - The left blade:
 - (S) Is there a **sin** to avoid?
 - (P) Is there a **promise** to claim?
 - The right blade:
 - (E) Is there an **example** to follow?
 - (C) Is there a **command** to obey?

Write something down.

- Consider writing down a verse that especially stood out to you.
- Consider writing down what you hear God saying to you.



Talk to God

This is time to respond to what you have heard God say to you through his Word.

Some find the ACTS model of prayer helpful which incorporates four different kinds of prayer.

- **Adoration:** adore God for who he is, especially those truths revealed in passage today. “Lord, I praise you for...”
- **Confession:** confess the sinful emotions, attitudes and behaviors that the Word and Spirit convicts you of. Come to God completely surrendered and cleansed, receiving the forgiveness that is yours in Jesus. “Lord, forgive me for...”
- **Thanksgiving:** thank God for all that he has done for you and given you, especially those truths revealed in the passage today. “Lord, I thank you for...”
- **Supplication:** supplicate (ask) God to transform you and to help you apply what he has shown you. Tell God what is on your heart. Pray through your day. Ask God for his work not only in your life but in those around you (family, friends, RHC, neighbors, coworkers, classmates, Greater Medford). “Lord, I ask you for...”

Here are some additional elements you might consider adding to your time spent with God:

- Listen and/or sing a worship song.
- Use the Lord’s Prayer as a guide for your prayer time (see Matthew 6:9-13).
- Meditate and memorize the verse(s) for the week (listed on the RHC Reading Plan).
- Change your posture (stand, kneel, raise your hands, etc.).
- Listen to the passage.
- Read a devotional.

