

# 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:** those who love starting their mornings with Word and prayer.

**Mid-Day Breakers:** those who love to take a few minutes in the middle of their day for Word and prayer.

**Commuter Seekers:** those who have discovered how to transform their time driving, on the bus or on the T for Word and prayer.

**Night Watchers:** those who come alive at night when everyone else is asleep.

**Free Spirits:** those who don’t prefer routine but quality time with God whenever that happens.



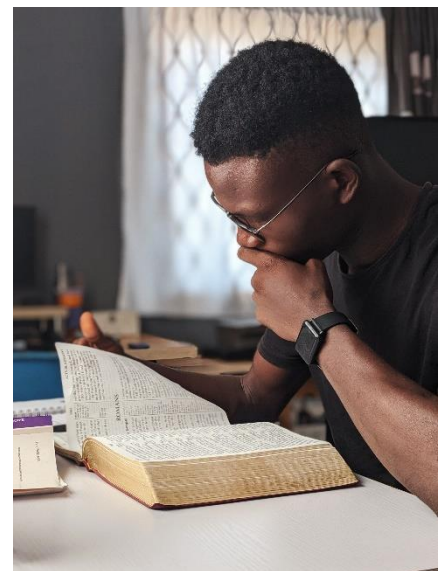
## Prepare your Heart

- 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 ([LINK](#)) asking, “God, what do you want to say to me today?”
- Reflect on its meaning. Consider the following questions:
  - What word, phrase or verse stands out to you?
  - What does this passage teach you about God?
  - What does this passage teach you about humans?
  - How does this passage help you to see and treasure Jesus?
- Apply it to your life. Ask: “God, what do you want me to do?”  
Is there a...
  - Sin to confess?
  - Promise to claim?
  - Attitude to change?
  - Command to obey?
  - Example to follow?
  - Prayer to pray?
  - Error to avoid?
  - Truth to believe?
  - Something to praise and thank God for?

*The above questions can be memorized using the acrostic SPACEPETS.*



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- Write something down.
  - Consider writing down a verse that especially stood out to you.
  - Consider writing down what you hear God saying to you.
- Share a takeaway.
  - Ask: “God, who do you want me to tell?”

## 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.

## Resources:

- Additional resources are listed on the RHC [website](#) and RHC app.
- Buy the Foundations NT 260 Reading Plan Journal ([adult](#), [teen](#), and [kid](#) versions available).
- Consider using a study Bible to help provide important background information or in helping put things in context. At RHC, we love the [ESV Study Bible](#) which is also accessible [online](#) and through the [ESV App](#).
- Here are some other ways you craft your time with God:
  - [SOAP](#) (Scripture, Observation, Application, Prayer).
  - [HEAR](#) (Highlight, Explain, Apply, Respond).
  - [COMA](#) (Context, Observation, Meaning, Application).
  - [The Swedish Method](#) (Lightbulb, Question Mark, Arrow, Bubble).