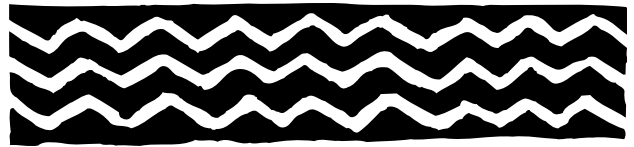


FAITH TRACKS

Basic Guides to Spiritual Growth • Track 5



SPENDING TIME WITH GOD: A SPIRITUAL WORKOUT

In school it is important to set aside time to do your homework. In athletics, it is critical that you show up and work hard at practice. Your friends expect you to spend time with them on weekends. It's also 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.

1. 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.
- Ask God to show you something new as you read His Word.

2. 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?

3. Pray - 1 minute

- Thank God for what you have learned.
- Ask God to help you apply to your life what you have learned.
- Pray for yourself and others.

3. DOING A GROUP WORKOUT

Now take a few minutes to complete the three steps of a “Seven-Minute Spiritual Workout” with the other members of your group. You can do this outloud and discuss it as you go.

1. Pray - 1 minute

- Remember to confess your sins to God and ask Him to teach you through His Word.

2. Read God’s Word - 5 minutes

- Read John 13: 1-17 then answer the questions below.
- What does this say about God, Jesus Christ, or the Holy Spirit? _____

- What does this say about me (mankind)? _____

- What can I do to apply to my life what I’ve learned from the Bible verse? _____

3. Pray - 1 minute

- Take time to thank God for teaching you. Ask Him to help you live out what you’ve learned.

4. DOING A PERSONAL WORKOUT

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

1. Pray - 1 minute

2. Read God’s Word - 5 minutes

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

- What does this say about me (mankind)? _____

- What can I do to apply to my life what I’ve learned from the Bible verse? _____

3. Pray - 1 minute

Now that you’ve tried it a few times, you’re ready to make this a daily workout! Enjoy!