

Lesson 4

THE BENEFITS OF A DAILY DEVOTION

Now in the morning, having risen a long while before daylight,
He [Jesus] went out and departed to a solitary place; and there He prayed
(Mark 1:35).

It is vital that every Christian establishes a habit of meeting with the Lord daily. Many Christians refer to this time as a “daily devotion.” A daily devotion is a specific time during each day that is set apart solely to communicate with God. While it is true that we can communicate with the Lord at any time, it is helpful (and advisable) to set apart a certain amount of time every day for this purpose.

The following is a step-by-step plan to help you develop consistent and fruitful daily devotions in your own life.

TALK TO GOD

Talking to God is accomplished through prayer. Four basic elements of prayer are listed using the acronym **ACTS**: Adoration (praise), Confession, Thanksgiving, and Supplication.

ADORATION This is the purest kind of prayer because it is all for God; there is nothing in it for you. Take a few minutes to praise and worship God for all that He is and has done for you.

1. Write Psalm 145:2-3.

CONFESSION “Confession” comes from the root word meaning “to agree together with.” Apply this to prayer and agree with God. Something happened yesterday that you called a slight exaggeration; God calls it a lie. You call it telling the truth about somebody; God calls it gossip. Confess, apologize, and repent.

2. Write Psalm 32:5-7.

THANKSGIVING Express your gratitude to God. Think of several specific things to thank Him for: your family, your business, your church, your responsibilities—even thank Him for hardships knowing that He allows them for your spiritual maturity.

3. Write 1 Thessalonians 5:18.

SUPPLICATION This means to ask God for your needs and the needs of others, with a humble and earnest heart. Another word for supplication is intercession.

4. Philippians 4:6.

LISTEN TO GOD

We listen by reading God’s Word (the Bible) and applying it to our lives. God’s voice will never go against His Word and He will always bring a sense of peace, never confusion.

5. Write Romans 10:17.

If we truly yearn to experience the light of our Lord, we will need to be with God every day. Someone once said, “The gospel **brings** a person to God; devotions keep a person **close** to God.”

6. Write James 4:8.

As the children of God seek a closer relationship with Him, they will discover areas in their lives that God desires to make holy and pure.

In their daily devotions, Christians seek to draw close to God’s heart, understand more about Him, obey His commands, and hold on to His promises. The impure and double-minded will have no such yearning in their hearts. In fact, they will seek to separate themselves from God as much as possible.

In daily devotions, we want to draw near to God. The expression “draw near” was originally associated with the priesthood in Israel. Under the regulations of the Old Covenant, the priests represented the people before God. However, prior to approaching God’s presence, the priest washed himself physically to be ceremonially clean. This meant he had to bathe, wear the proper garments, and offer the appropriate sacrifices. His own heart had to be right with God. Then he could “draw near” to God on the people’s behalf. In time, the concept of “drawing near” was applied to anyone who approached God’s presence in worship and prayer.

7. Write Hebrews 10:22.

This verse applies the language of the Old Testament ceremonial system to us today. Just as those ancient priests prepared themselves to be near God, we also should prepare ourselves spiritually to worship Him, whether in formal worship or in our personal devotional times. After our initial salvation experience, we should desire spiritual growth.

8. Write Genesis 5:22.

The believer will, like Enoch, naturally want to walk with God.

9. Write Psalm 73:28.

The believer will, like the psalmist Asaph, desire to be near God.

10. Write Luke 11:1.

The believer will, like the disciples, yearn to pray effectively. In short, the child of God will want to find time for daily devotions. The sincere believer knows that God wants His people to draw near to Him with sincere and pure hearts, and that’s what daily devotions are all about.

11. Write James 4:8-10.