

# Help! I Don't Know How to do My Devotions!

what to do when you don't know where to start

## Establish the Habit of Devotions

1. Choose a period of time. *When will you do your devotions?*
2. Choose a place. *Where will you do your devotions?*
3. Choose a plan. *What are you going to read?*
  - Try reading through a short book (such as Philippians or James) every day so that you really soak in the message
  - Try reading from different sections of the Bible every day (such as a chapter from the OT/Poetry or Wisdom/NT)
  - Get on a through the Bible in a year program (it ends up being less than 4 chapters a day!)
  - Whatever you do, get on a regular plan and stay on it!

*As humans we are creatures of habit, and we are either in the habit of doing our devotions or we are in the habit of not doing them.*

## Prepare the Heart for Devotions

1. Begin with prayer confessing any known sin and asking God to teach you from His Word and change you with His truth.
2. It might be helpful to begin by reading a short devotional to direct your thoughts to God.<sup>1</sup>
3. Come with a Spirit of meekness when you come to God's Word, humble and hungry to learn. (James 1:21, Job 23:12)

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<sup>1</sup> Ex. Include Spurgeon's *Morning and Evening Devotions, Our Daily Bread*, or a short chapter from a solid Christian living book or a hymn text

## Ask the Right Questions

When studying your Bible, ask questions like. . .

1. What does this passage teach me about God? What is He like? What does He do? What makes Him angry, upset, sad, happy?
2. What does this passage teach me about man? What is he like? How does he behave? What are the results of his actions?
3. What genre (type) of writing is this? Is it a poem using figurative language? Is it a letter that is crafted like a sermon? Is it a true historical story that is making a point?
4. How should what I've seen about God change the way I live today? How should what I've seen about man change the way I live today?

## Getting the Most out of Devotions

1. **Write!** Make notes in your Bible<sup>2</sup> with different color pens and highlighters and keep a journal of what God has taught you.
2. **Be consistent!** Building spiritual strength is like building physical strength. It's not about one huge workout once a week, but rather consistency over time that makes a difference.
3. **Memorize and Meditate!** Pick a phrase or a truth from your devotions and mull it over throughout the day. Memorize a passage of Scripture by learning a couple verses a week.
4. **Remember this is a relationship!** The word "devotions" often comes to be a technical term for reading the Bible and praying. While these things are obviously going on, remember this is you spending time with your Father, not another item on your to do list for the day.

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<sup>2</sup> Some people (like me) don't like writing in their Bibles. If this is the case, consider printing out a passage you are studying double spaced and with wide margins for the purpose of writing.