

‘It’s not about me’

Procedure: To begin with, I don’t wake up to an alarm clock. Several years ago I was traveling and did not have an alarm clock. I told God that I needed His help to get up at a certain time the next morning; I wanted to spend time with Him, but I also needed to fulfill my responsibilities and was on a timeframe. He knew what I would face during the day and what needed to happen during my worship time. I told him that if He would wake me up, I would get up, no matter what time it was, to spend time with Him. I’ve been doing this almost everyday since. God doesn’t always wake me up at a certain time and my worships vary in length. I get bored with routine, but I know that I need to start my day with God—to make sure that this day is dedicated to Him and have him remind me that it’s not all about me. No matter what I do to add variety I do stick to 3 basic principles:

1. Start by asking God to show me my need of Him.
2. Read scripture (by theme, book, or other various forms)—I don’t use this time to formally study, but view this time as ‘reading God’s love letter to me.’
3. Prayer (usually I prayer journal to keep my mind focused on what I’m praying about! Sometimes I pray out loud or draw my prayer—what is most important for me is to remember that prayer is a TWO-WAY conversation and allow the Holy Spirit to guide what I need to pray for).

Other ideas I mix in:

1. Reading a devotional or other spiritual resource
2. Singing (the shower provides great acoustics & a private place!)
3. Listening and contemplating on music
4. Movement prayer (a great resource to get started is *Multi-Sensory Prayer* by Sue Wallace)
5. Taking a walk through nature and connecting with the Creator of it all.
6. Bible text memorization
7. Active worship experiences (many of mine are taken from *The Spirit Moves* and *Christ In Me*, both published by Group, Inc.)