

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step.

With your Bible or YouVersion.com, read 1 John 2:6 and Matthew 11:29-30.

These verses encourage us to model our lives after the way Christ lived and to follow His example.

- Describe your past efforts to live like Jesus did. How successful have you been? Did it feel heavy or light?
- Share a time when your spirit felt in sync with God. What can you do repeat that closeness?

Read Luke 5:16, Mark 1:35 and Matthew 6:31-33.

Christ shows us in these scriptures that we should spend time alone with God when we pray and that we should make that time a priority—even over our daily needs.

- What does your private life with God look like? What changes can you make to seek God first?
- How important is your personal time with God? How does that time affect your relationship with Him?

Read Luke 5:16, Psalm 37:7 and Psalm 62:5-6.

In order to make the most of your personal time with God, these verses show us the importance of eliminating distractions

- What are some of the distractions that keep you from having personal time with God? How can you remove these distractions?

Read Jeremiah 31:3 and 1 John 4:10.

These verses tell us that God pursues each of us out of His love for us.

- How will you make time for solitude with God each day this week?

NEXT STEPS

Here are some specific things you can do this week to make the most of your personal time with God.

Find a place where you can truly be alone with God and that will allow you to establish a deeper connection with Him. That place could be in your home, your work, at a park, in your car, a lake or your backyard. Find a place that is quiet with no distractions.

Consider enhancing your private life with God by doing one or more of the following: journaling during your quiet time, keeping a prayer log, reading a daily devotional guide, or starting a Bible reading plan (find some on YouVersion).

Use these prayer tips to guide your time with God this week to expand your conversations both in person and online:

- Ask God to help you remove the distractions from your life that are keeping you from spending personal time with Him.
- Seek a deeper closeness with God through prayer. Shut out any distractions in your mind and focus all of your attention on Him.
- Seek guidance from God on specific things you need to do in order to live a life that is more like Christ's.
- Commit to God in prayer that there will be no difference between your public and private relationship with Him.
- Commit to God in prayer that you will strive to spend more personal time with Him. Ask for His assistance in doing so.