

DEVOTIONALS



Leader's Guide

Overview

"Daily devotions" or "Quiet Times" are phrases used to describe the discipline of Bible reading and prayer with which Christians start or end their day. Bible reading can take the form of a structured study using a devotional or simply reading through certain passages or perhaps reading through the Bible in a year. Prayer can include any or all of the different prayers—praise, confession, thanksgiving, petition, and/or intercession. Some people use prayer lists for their daily devotions. Others prefer to pray as they read the Word in an interactive manner, listening for God speaking to them through the Bible passages and responding in prayer. Whatever the format, the important thing is that our daily devotions, as the name implies, be truly devoted to God and occur daily.

Suggested Format (90 minute meeting)

- 15 minutes – Greet & Treat. Welcome people. Have sticky nametag for each person.
- 30 minutes – Intro & Video. Introduce the topic, hand out blanks and show the video.
- 35 minutes – Discussion. Lead the group through an honest discussion using questions below.
- 10 minutes – Prayer. Ask for prayer requests, and have several people pray.

Specific Session Tips

- It might be good to open with an ice breaker asking people to share their experiences in trying to implement Bible Devotionals in their own lives. Was it a success? Failure? Why?
- Have the "One Year Bible Reading Plan" and the "S.O.A.P. Devotional Practice Sheet" handouts ready to give to people (See *Bonus Materials* for these resources).
- **NOTE:** I would strongly consider using the last 30 minutes of your group time to have people actually have a personal devotional – using the "S.O.A.P. Devotional Practice Sheet". Spend the last 10 minutes having people share their thoughts.

Weekly reminders

- Pray! Before your meeting, pray for each person by name and ask God to speak to their hearts!
- At the end of the meeting, remind people of who is on for treats the next week and what your topic will be.
- Pray at the end. Make sure to end ON TIME (You can always tell people they can stay – but give those who need to leave the option as soon as the class time expires).

Possible Discussion Questions

1. Ask the group, "What is the most difficult aspect of establishing the habit of having a consistent devotional life?"
2. What specifically do you think would change in your life if you spent consistent, quality time with God every day?
3. How would your life be different if you chose NOT to develop this daily devotional habit?

Applications & Assignments (For next week)

1. Determine a time and place for your quiet time.
2. For the next two weeks, have a S.O.A.P. devotional and journal one page for each day. Bring the journal to the next class.
3. Come prepared to share a specific quiet time thoughts – including your applications.