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Discipline of Devotion

Devotion is a Choice

Devotion to God is both a quality of our hearts and a discipline. In the same way that we want to love God with all of our heart, soul, mind, and strength, we want to love God with our actions. We make the choice to love God when we choose to worship or pray or read our Bibles even when we don't feel like it.

Read

My heart is steadfast, O God, my heart is steadfast! **I will** sing and make melody! 8 Awake, my glory! Awake, O harp and lyre! **I will** awake the dawn! 9 **I will** give thanks to you, O Lord, among the peoples; **I will** sing praises to you among the nations. 10 For your steadfast love is great to the heavens, your faithfulness to the clouds.

Psalm 57:7-10

In this Psalm, David expresses a will to worship and praise God. He's making a statement of choice. All of us have a choice whether or not we will seek God. Jimmy Seibert said "Those who show up get changed." In our choice to "show up," we provide an avenue for God to transform us into His likeness. In prayer, Bible reading and worship, we are changed.

To worship is to quicken the conscience by the holiness of God, to feed the mind with the truth of God, to purge the imagination by the beauty of God, to open the heart to the love of God, to devote the will to the purpose of God.

-William Temple

FaceTime with God

Here at Antioch we call our daily set aside time to encounter God FaceTime. This comes from Exodus 33, where Moses met with God face to face. In Jesus, we have the incredible privilege of knowing God like Moses knew God!

The FaceTime you spend with God can look very different from person to person, however, we've found that most times it includes 3 primary components: Worship, Word, Prayer

A Simple structure for your FaceTime with God could look like this:

- Worship (20mins)
- Word (20mins)
- Prayer (20mins)

We encourage everyone to set aside time each day to have FaceTime with God. Typically people set aside an hour in the morning, but the goal is create a sustainable discipline every day. If that is 20-30 minutes in the evening, then great! Create a space and time that works for you.

In prayer, real prayer, we begin to think God's thoughts after him: to desire the things he desires, to love the things he loves, to will the things he wills.

-Richard J. Froster "Celebration of Discipline"

Putting it in action

Worship – Starting with worship positions our hearts rightly before God. In worship we praise God for who He is, we thank Him for his blessings, and we declare that He alone is worthy of praise. Ideas: Start with telling God what you're thankful for. Turn on worship music and sing along or let the words you hear become prayers to God. Read a Psalm and pray it to God.

Word – The Bible is our foundation for truth. In its pages we discover who God is, who we are, and how to live rightly before God. Ideas: Break down your study of the Bible by asking these three simple questions about the passage you're reading:

- Who is God?
- Who am I?
- Is there anything I should obey?

Prayer - Prayer is simple conversation with God. At times the topic of conversation is about you or God, and other times it's about others or situations around you. Ideas: Start with asking Him how He feels about you. Tell God how much you love Him. Talk to Him about things that are on your heart. Give space to listen to Him about anything He wants to say to you. Pray for others "from the inside out." Pray for those closest to you – family and friends - Pray for acquaintances, co-workers, or your city. Finally, pray for our nation and other nations of the world. Finish by praying for your day. Ask God to bless you and to give you opportunities to love others and to share the love of Jesus with them.

Discussion Questions

When do you set aside time for FaceTime?

What keeps you having consistent FaceTimes with God throughout the week?

How can I/we help you form and maintain the discipline of Devotion?

Go Deeper - Resources to develop a discipline of Devotion

Hearing God

[Spiritual Breathing equipping video](#)

Hearing God Equipping Class (Check Church Calendar for upcoming classes)

Daily Devotionals

[The Utmost for His Highest - Oswald Chambers](#)

[The Way of the Warrior Series - Graham Cooke](#)

[The Purpose Driven Life - Rick Warren](#)

Devotional Practices

Found at SoulShepherding.org

[Lectio Divina](#)

[Ignition Meditation](#)

[Breath Prayer](#)