

# Cultivating Your Personal Devotion with God

IN THE STILLNESS HE IS THERE | MATTHEW 7:7

June Bible Study Series

# **The Daily Devotional Life (Dailies)**

## **Lesson Three**

The **dailies** refer to the discipline of daily getting into God's Word and daily going to the throne of grace.

Through the **dailies**, we can get into God's Word and get God's Word into us for conviction, motivation, edification, comfort, direction, and disciplined living by the power of the Spirit.

**WHAT THE DAILIES INCLUDE:**

**1. DAILIES SHOULD INCLUDE  
TIME IN GOD'S WORD.**

**Acts 17:11 (NET)**, These Jews were more open-minded than those in Thessalonica, for they eagerly received the message, examining the scriptures carefully every day to see if these things were so.

**Proverbs 8:32-36 (NET)**, “So now, children, listen to me; blessed are those who keep my ways. Listen to my instruction so that you may be wise, and do not neglect it. Blessed is the one who listens to me, watching at my door's day by day, waiting at the posts of my doorway. For the one who finds me finds life and receives favor from the Lord. But the one who does not find me brings harm to himself; all who hate me love death.”

**Psalm 119:2 (NKJV),** Blessed  
are those who keep His  
testimonies, who seek Him  
with the whole heart.

The goal in daily devotion is to  
seek and know the Lord.

**Suggested Procedures For  
Getting Into The Word Daily  
Are:**

# 1. *A Daily Reading Program*

## 2. Listen to the Scriptures (Digital)

### 3. Study And Examination Of A Portion Of Scripture.

4. Study Scripture  
(commentaries, doctrinal studies)  
through the Internet.

**5. Become Consistently Involved  
With A Bible Teaching Ministry**

**2. DAILIES SHOULD INCLUDE  
MEDITATING ON THE WORD.**

**Joshua 1:8 (NKJV)**, This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

**Psalm 1:2 (NKJV)**, But his delight  
is in the law of the Lord, And in  
His Law does he meditates day  
and night.

“Meditation upon God’s Word is fast becoming a lost art among many Christian people. This holy exercise of pondering over the Word, chewing it as an animal chews its cud to get its sweetness and nutritive virtue into the heart and life, takes time, which ill fits into the speed of our modern age. Today most Christians’ devotions are too hurried, their lives too rushed. But holiness and hurry never did suit well together.

Prayer and preoccupation have always been strange bedfellows. A head knowledge of the Word may perhaps be consonant with the scurry of the age, but not a deep heart experience of its preciousness. A deep knowledge of spiritual things can only come by the way of unhurried reflection upon God's truth and by prayer." Merrill Unger (Pathways to Power)

**“Meditation”** is the Hebrew word *hagah* which means “to utter, moan, growl, speak, think carefully, ponder, meditate.”

**Meditation = thinking and speaking.**

Meditation is done to exchange man's point of view with God's truth.

**Psalm 119:15,** I will meditate on your precepts and focus on your demands.

**Philippians 4:8-9 (NET)**, Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things. And what you learned and received and heard and saw in me, do these things. And the God of peace will be with you.

## **REWARDS FOR MEDITATION:**

### **Fruitfulness and Prosperity - Psalm 1:3**

(NKJV), He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

**Progress and Influence - I Timothy 4:15-16**  
(NKJV), Meditate on these things; give yourself entirely to them, that your progress may be evident to all. Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.

## **When Confronted with Sinful Thoughts We Need To:**

1. **IDENTIFY** the evil thoughts
2. **RECOGNIZE** their nature
3. **CONFESS** them
4. **REFOCUS** and replace them with the viewpoint of God's Word
5. **MEDITATE**

**3. DAILIES SHOULD INCLUDE  
MEMORIZATION OF TRUTH.**

**Proverbs 6:20-22 (NKJV)**, My son, keep your father's command, and do not forsake the law of your mother. Bind them continually upon your heart; Tie them around your neck. When you roam, they will lead you; When you sleep, they will keep you; And when you awake, they will speak with you.

**Deuteronomy 6:8 (NKJV),** You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.

“**Bind**” is the Hebrew word *gashar* which means “to confine, league, tie together, bind fast and firmly.” “Heart” again refers to the mind.

The Word is to be memorized, bound securely, and confined to the mind so that it cannot escape.

**4. DAILIES SHOULD  
INCLUDE PRAYER.**

## **Scripture References:**

“Lord, teach us to pray” (Luke 11:1)

“Constantly pray” (1 Thess. 5:17)

“Men ought to pray and never to lose heart” (Luke 18:1)

Prayer is to the spiritual life  
what breathing is to the  
physical life.

**5. DAILIES SHOULD  
INCLUDE PRAISE.**

**Psalm 119:164 (NKJV),** Seven times a day I praise You, Because of Your righteous judgments.

“True praise is ever warranted, true praise is ever welcome, and true praise is never weary.”

**Psalms 34:1-2 (NKJV)**, I will bless the Lord at all **times**; His praise shall continually be in my mouth. My soul shall make its boast in the Lord; The humble shall hear of it and be glad.

## **Four Benefits of Praise in Personal Devotion:**

- Praise gets our focus off ourselves and back on God.
- Praise brings us to a place of humility.
- Praise leaves no room for complaining and negativity.
- Praise invites His presence.

“We can be tired, weary, and emotionally distraught, but after spending time alone with God, we find that He injects into our bodies, energy, power and strength.”

**Charles Stanley**