

How to Make 10 Minutes with God Count

It's far more important to give God ten minutes a day every day, than an hour now and then. God will honor consistency and every small step of obedience.

If you are now having an even longer daily Quiet Time, and you want to draw even closer to God, give Him an additional 10 minutes. The more you give God of yourself, the more He will give of Himself to you.

This is something you get to do!

Your attitude about this 10-minute Quiet Time will determine whether or not you continue. It's easy to fall into thinking, "This is something I've got to do every day." Instead, cultivate an attitude of anticipation, "This is something I *get* to do!" Think of it—your Creator, the God of the universe, wants to meet with you personally!

When you come to God your Father, you're coming to a holy God, but you're also coming to One who loves you with unfailing love. And by turning to Him in prayer in the first moments of your day, you're showing Him that He is the priority of your life.

If Your heavenly Father—the Lord God Almighty—allows you the privilege of meeting with Him personally, it should be a meaningful time not only for you, but for Him. That doesn't mean it should be complicated, but it does mean it should be pleasing to God.



How to make just 10 minutes a meaningful time—

We suggest beginning your first waking moments with a brief Prayer of Surrender, based on what Jesus taught His disciples to pray (see pages 10-11).

Prayer of Surrender:

- **Worship:** Tell God why you love or worship Him.

“Father, I love You because...*You are faithful,*” or,
“because...*You gave Your Son for me.*”

“Father, I worship You because You are...*my Creator*”
or “*my Savior and Redeemer.*”

- **Confession:** Ask forgiveness for sins.

“Father, forgive me for...*[specific sins]*” ... then ask, “*Are there any others I haven’t seen...?*”

- **Surrender:** Give yourself to God.

“Father, I give You my body, mind, and will—all of me. Live in me, use me today.”

Once you have taken these few moments you’re ready to pray as you move through the day. You have made a vital connection with your heavenly Father that allows you to live in His grace and strength.

Does praying with others make you uncomfortable?

If so, you're not alone—

That doesn't seem to help much, but on the other hand, perhaps it should. Many of us tend to think everyone else has his or her prayer life together, and others always seem to sound better when they pray. You really aren't alone, others can understand and relate.

Why is it so important to learn to pray with others?

Whose idea is it anyway?

“Again, I [Jesus] assure you: If two of you on earth agree about any matter that you pray for, it will be done for you by My Father in heaven.” (Matthew 18:19)

It's important so we won't miss out on Jesus' promise—

In the above passage of Scripture, Jesus is teaching His disciples about the life and work of His church. The context makes it clear that when we pray about things that matter for His church and His kingdom purposes, we can have what we ask in agreement.

That includes anything that benefits His church or kingdom by adding to, giving strength to, granting wisdom to His people in a way that can build character and result in lasting fruit being borne—things like salvation, spiritual growth, His leading and enabling power.



Ask God to help you—

Are you regularly praying with your spouse? with your children? Do you pray consistently with a prayer partner? Or are you allowing yourself to miss out on one of Jesus' significant promises?

Ask God to help you! Once you come through the learning curve, you'll never have to learn again—it's like learning to ride a bicycle or drive a car.

Tips to get started—

- *Set a time to pray daily* (with spouse, children) or weekly (with prayer partner)—be consistent, but flexible. Pray on the phone if you can't be together at the same place.
- *Discuss your feelings* about it before you begin: Pick a number 1 to 5 to indicate how you feel about praying with others (5, most comfortable). Share your number and why you feel that way. Just talking about it can help defuse anxiety.
- *Take turns praying* about one person or thing at a time.
- *Spend just a few minutes* if that's all the time you have; agree up front that that's okay. Being consistent is more important than praying a long time.

Hallowing His Name

Consciously learn God's names—

Throughout the Bible God has revealed literally hundreds of names, titles, and descriptions of Himself as Father, Son, and Holy Spirit. Each name helps us understand more about who God is and who He is willing to be in our lives. When we begin our prayers with worshipping Him by name, we are making Him, not our problems and concerns, the focus of our prayers.

To do that most effectively, it helps to be familiar with and begin to use His names. Here is a beginning list. As you find names in your daily Bible reading, mark them and copy them in your journal to learn and to use.

Some Hebrew names of God—

Though you don't have to know the Hebrew names of God, you may want to be familiar with a few of them—

Elohim (EL-O-'HEEM), Creator (Genesis 1:26, plural name of God, meaning three or more)

Adonai [ADD-EH-'NYE], Lord and Master (Joshua 5:14b, plural word translated "Lord")

Jehovah [JEH-'HO-VAH], I Am Who I Am (Exodus 3:14, translated "LORD")

El Shaddai [EL-SHA-'DIE]: God Almighty, Our Sufficiency (Genesis 17:1)

El Elyon [EL-'EL-YAWN]: God Most High (Psalm 91:1)



The Word tells us God our Father is—

- Our Comforter (2 Corinthians 1:4)
- Our Creator (Isaiah 40:28)
- Our Defender (Proverbs 23:11, NIV)
- Our Deliverer (Psalm 144:2)
- Our Faithful God (Deuteronomy 7:9)
- Our Fortress (Psalm 18:2)
- Our Guide (Psalm 48:14, NIV)
- Our Healer (Exodus 15:26)
- Our Helper (Psalm 30:10)
- Our Hope (Romans 15:13)
- Our King (Psalm 10:16)
- Our Peace (Ephesians 2:14)
- Our Protector (Psalm 32:7)
- Our Provider (Genesis 22:14)
- Our Redeemer (Isaiah 47:4)
- Our Refuge (Psalm 46:1)
- Our Rock (Psalm 28:1)
- Our Shelter (Isaiah 25:4, NIV)
- Our Shield (Psalm 18:2)
- Our Strength (Psalm 59:9)
- Our Strong Tower (Psalm 61:3)
- Our Sure Foundation (Isaiah 28:16)