

ENJOY GOD EVERY DAY!

I. Introduction

A. Freshman year at Fairfield University – needed time with God desperately – catapulted me make it a habit

B. Over the years, realized how much spiritual training matches training in the world & relationships

C. **Slide 1**- These people are some of the best at what they do – training plays a huge role

1. Michael Phelps – 5-6 hours a day for 6 days a week

2. Simone Biles – about 7 hours a day for 6 days a week

3. Larry Bird – 100's of shots & free throws before & after games

4. Katie Taylor – told us about her daily workout as the champ

D. Time to train gets us better, stronger; time with people gets us closer; this is what we need more with God for 2022

II. Time Alone With God

A. Old Testament - “Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.” - Daniel 6:10 (**Slide 2**)

B. Jesus - “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” - Mark 1:35 (**Slide 3**)

C. Early Church Practice - “And do not pray as the hypocrites, but as the Lord commanded in his Gospel, pray thus: "Our Father, who art in Heaven, hallowed be thy Name, thy Kingdom come, thy will be done, as in Heaven so also upon earth; give us today our daily bread, and forgive us our debt as we forgive our

debtors, and lead us not into trial, but deliver us from the Evil One, for thine is the power and the glory for ever." *Pray thus three times a day.*" - The Didache 8.2-3 (First-Second Century) (**Slide 4**)

III. THE 6 P's (One Tool to use)

- A. **Place** (**Slide 5**) – Great to have a specific place – Andre's place (**Slide 6**) – my place at Fairfield was my bunk
- B. **Pockets** (**Slide 7**) – Empty your heart, mind, & soul of the things that are weighing you down – confessions, concerns, anxieties, frustrations (**Slide 8**)
- C. **Praise** (**Slide 9**) – Sing a joyful noise (not necessarily in pitch or on key); meditate on hymn; play music; walk in creation to worship – Use PRAISE acronym (**Slide 10**)
- D. **Prayer** (**Slide 11**) – 2-way conversation with God; let Him talk through Scripture & Holy Spirit; we talk through prayer – Read & Respond (**Slide 12**)
 - 1. **Joshua 1:8** - Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.; **Psalm 119:147-148** - I rise early, [before the sun is up; I cry out for help](#) and put my hope in your words. My eyes are awake before the watches of the night, that I may meditate on your promise.; **Colossians 4:2** - Devote yourselves to prayer, being watchful and thankful.; **Ephesians 6:18** - And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the (**Slide 13**)
 - 2. Marking Your Bible; Find a SPECK; Inductive study = Observation, Interpretation, & Application (**Slide 14**)
- E. **Pause** (**Slide 15**) – Stop and let God speak to your heart – listen to the Holy Spirit! - “The Sovereign Lord has given me a well-instructed

tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed.” Isaiah 50:4 (**Slide 16**)

F. **Practice (Slide 17)** – Just like athletes & musicians take their training and put it into their lives, we take our training & learning and apply it to our lives (Bob Blomberg with Bible study ministry)

IV. Conclusion

A. Final Applications (**Slide 18**)

B. Tomorrow, the 21 Days of Prayer starts

C. 2022 has begun with New Year’s resolutions

D. Let’s ENJOY GOD EVERY DAY!