7 steps to Time Alone With God

1. Set aside the best time and place *(Mark 1:35)*.
Choose your mental "prime" time and place where you can be alone.

2. Pray for God's help before reading *(Psalm 119:18)*.
"Open my eyes, that I may see the wondrous things in Your Word."

3. Read the passage you have chosen once.
After the first reading of the passage, write the essential content in your own words; i.e., you can either title the passage or summarize it in one sentence.

4. Meditate for deeper understanding of the passage.
As you read the passage more carefully and slowly second time, write down your thoughts of meditation on the passage through asking relevant questions:

What is God like?
-What can you learn about God, His character, or how He works?
-How should you respond to this thought about God?
-When you become used to this, look for even the more indirect expressions and explanations about God, Jesus, and Holy Spirit.

What lesson(s) is God teaching me?
Ask yourself SPACE: Is there any...
Sin to avoid?
-Promise to claim?
-Attitude to change?
-Command to obey?
-Example to follow?

5. Apply the lessons into your life.
Aim to draw concrete applications in the MAPS principle:
Measurable
Attainable
-Personal
-Specific

For example, if the main lesson is on loving others, your application should reflect whom [by name(s)] you will commit to love more, how you should actualize your love for the person(s), when you will obey, and so on.

6. Respond to His Word through prayer.
God has spoken to your heart. Now it's your turn to respond to what He has said. Don't rush your prayer. Concentrate and thoughtfully verbalize your response to Him through:

Adoration: Praise him with new thoughts you learned.
Confession: Tell Him your sins, decisions, and realizations.
Thanksgiving: Thank Him for His lessons, and blessings.
Supplication: Pray for yourself and for others.

7. Share with others the meaningful lessons and applications of your Time with God.
Develop a regular rhythm of sharing with a few people within your small group for accountability and encouragement.