

ONE STEP TO FREEDOM: Lesson 9 WHAT IS A DAILY DEVOTION?

It is important that every Christian establish a habit of personally meeting with the Lord on a daily basis. Many Christians refer to this time as a “daily devotion.” A daily devotion is a specific time during each day that is set apart solely to get alone and communicate with God. While it is true that we can communicate with the Lord at any time, it is imperative to set apart a certain amount of time every day for this purpose.

**Looking to Jesus` examples of daily devotion in the bible:*

Luke 22:39 (AMP) ³⁹ And Jesus came out and went, as was His habit, to the Mount of Olives; and the disciples followed Him.

Luke 6:12 (NKJV) ¹² Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.

Mark 1:35 (NKJV) ³⁵ Now in the morning, having risen a long while before daylight, Jesus went out and departed to a solitary place; and there He prayed.

Matthew 14:23 (AMP) ²³ After He had dismissed the crowds, He went up on the mountain by Himself to pray. When it was evening/afternoon, He was there alone.

**Preparing yourself to meet with God:*

Psalms 24:3-4 (NKJV) ³ Who may ascend into the hill of the LORD? Or who may stand in His holy place? ⁴ He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.

James 4:8-10 (NKJV) ⁸ Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. ⁹ Lament and mourn and weep! Let your laughter be turned to mourning and *your* joy to gloom. ¹⁰ Humble yourselves in the sight of the Lord, and He will lift you up.

**How to approach God in our daily devotion:*

**Remembering why we are able to come before the very presence of God:*

Hebrews 10:19-21 (AMP) ¹⁹ Therefore, believers, since we have confidence and full freedom to enter the Holy Place the place where God dwells by means of the blood of Jesus, ²⁰ by this new and living way which He initiated *and* opened for us through the veil as in the Holy of Holies, that is, through His flesh, ²¹ and since we have a great and wonderful Priest; Jesus Christ Who rules over the house of God, then...

Hebrews 10:22 (AMP) ²² let us approach God with a true *and* sincere heart in assurance of faith, having had our hearts sprinkled *clean* from an evil conscience and our bodies washed with pure water.

**Now that you are prepared, TALK TO GOD:*

This is accomplished through prayer. Four basic elements of prayer are listed as follows. You can remember it by the acronym ACTS: Adoration, Confession, Thanksgiving, and Supplication.

1. Adoration: This is the purest kind of prayer because it is all for God; there is nothing in it for you. Take a few minutes to praise and worship God for all that He is and all He has done for you..

Psalm 29:2 (NKJV) ² Give unto the LORD the glory due to His name; Worship The LORD in the beauty of holiness.

1 Timothy 1:17 (KJV) ¹⁷ Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory for ever and ever. Amen.

Revelation 4:11 (NKJV) ¹¹ “You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist and were created.”

1 Chronicles 29:11 (AMP) ¹¹ Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in the heavens and on the earth; Yours is the dominion *and* kingdom, O LORD, and You exalt Yourself as head over all.

Colossians 1:13-14 (AMP) ¹³ God The Father has delivered *and* drawn us to Himself out of the control *and* the dominion of darkness and has transferred us into the kingdom of the Son of His love, Jesus Christ, ¹⁴ In Whom we have our redemption *through His blood*, which means the forgiveness of our sins.

2. Confession: “Confession” comes from the root word meaning “to agree together with.” Apply this to prayer and agree with God. Confess, and repent:

Isaiah 1:18 (NKJV) ¹⁸ “Come now, and let us reason together, ”Says the LORD, “Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.

1 John 1:9 (AMP) ⁹ If we freely admit that we have sinned *and* confess/repent our sins, God is faithful and just and true to His own nature and promises, and will forgive our sins and cleanse us *continually* from all unrighteousness.

Mark 11:25 (NKJV) ²⁵ “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.

**Selah: reflection....*

Isaiah 59:2(AMPC) But your iniquities/sins have made a separation between you and God, and your sins have hidden His face from you, so that He will not hear.

3. *Thanksgiving: Express your gratitude to God. Think of several specific things to thank Him for: your family, your business, your church, your responsibilities—even thank Him for hardships knowing that He allows them for your spiritual maturity:*

Psalm 100:4a (KJV) ^{4a} Enter into His/God`s gates with thanksgiving,

1 Thessalonians 5:18 (AMP) ¹⁸ in everything, every situation no matter what the circumstances, be thankful *and* continually give thanks *to God*; for this is the will of God for you in Christ Jesus.

Ephesians 5:20(AMP) ²⁰ At all times and for everything giving thanks to God the Father in the name of our Lord Jesus Christ;

Selah: reflection...

Habakkuk 3:17-18 (EASY) ¹⁷ Whatever happens, I will continue to thank the LORD. If there are no flowers on the fig trees, if there are no grapes on the vines, if there are no olives on the olive trees, if there are no crops in the fields, if the sheep are dying in the hills, if there are no cows on the farms,¹⁸ I will still sing to thank the LORD! I will be happy because God is the one who makes me safe.

4. *Supplication: This means to ask earnestly, humbly and specifically make your petitions known to God. Ask for your needs and the needs of others. Ask that God`s will for your life, your problems and your goals would take place on a daily basis:*

Philippians 4:6 (NKJV) ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Ephesians 6:18 (NKJV) ¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.

**Praying in the power of the Spirit, by the leading of the Spirit, and according to His will:*

Ephesians 2:18 (AMP) ¹⁸ For it is through Jesus Christ that we all now have an introduction and access by one Spirit; The Holy Spirit, to the Father so that we are able to approach Him.

Romans 8:26-27 (AMP) ²⁶ In the same way The Holy Spirit comes to us and helps us in our weakness. We do not know what prayer to offer *or* how to offer it as we should, but the Spirit Himself knows our need and at the right time intercedes on our behalf with sighs *and* groanings too deep for words.²⁷ **And God who searches the hearts knows what the mind of the Spirit is, because The Holy Spirit intercedes before God on behalf of God's people in accordance with God's will.**

**As The Holy Spirit intercedes for us we should be interceding for others in our prayers:*

1 Timothy 2:1(NKJV) Therefore I exhort first of all that supplications, prayers, **intercessions, and giving of thanks be made for all men.**

**Pray with right motives:*

James 4:3 (AMP) ³ You *pray and* ask God for something and do not receive it, because you ask with wrong motives, out of selfishness or with an unrighteous agenda, so that when you get what you want you may spend it on your lustful fleshly desires.

**Pray according to Gods will for your life:*

1 John 5:14-15(NKJV) ¹⁴ Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. ¹⁵ And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

**Pray in faith without doubting:*

Mark 11:23-24 (NKJV) ²³ For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' **and does not doubt in his heart, but believes that those things he says will be done**, he will have whatever he says. ²⁴ Therefore I say to you, whatever things you ask when you pray, believe that you receive *them*, and you will have *them*.

**Then after you have prayed; LISTEN TO GOD:*

Jeremiah 33:3 (AMP) ³ 'Call to Me and **I will answer you**, and tell you and show you great and mighty things, things which have been confined and hidden, which you do not know *and* understand *and* cannot distinguish.'

Isaiah 55:3 (AMP) ³ “Incline your ear to listen and come to Me; Hear, so that your soul may live; And I will make an everlasting covenant with you, *According to the faithful mercies promised and shown to David.*

Psalms 5:3 (AMP) ³ In the morning You hear my voice, O Lord; in the morning I prepare a prayer, a sacrifice for You and watch and wait for You to speak to my heart.

Psalms 85:8a (AMP) ^{8a} I will listen with expectant hope to what God the Lord will say, for He will speak peace to His people, to His saints.

**Proof you know God and he knows you: do you hear God?*

John 8:47 (AMP) ⁴⁷ Whoever is of God *and* belongs to Him hears God’s words; for this reason you do not hear them: because you are not of God *and* you are not in fellowship with Him.”

**Pray to prepare and devote yourself to meet with God in His Word:*

Psalms 119:18, 27, 29 (AMP) ¹⁸ Open my eyes to spiritual truth so that I may behold Wonderful things from Your law/Word. ²⁷ Make/help me understand the way of Your precepts, So that I will meditate and focus my thoughts on Your wonderful works. ²⁹ Remove from me the way of falsehood *and* unfaithfulness, And graciously grant me Your law.

**Then read God’s word in the same manner of prayer and devotion expecting to meet and hear from God:*

2 Timothy 3:16 (AMP) ¹⁶ Every Scripture is God-breathed, given/spoken by His Divine inspiration and profitable for instruction, for reproof *and* conviction of sin, for correction of error *and* discipline in obedience, for training in righteousness, in holy living, in conformity to God’s will in thought, purpose, and action.

Matthew 4:4 (AMP) ⁴ But Jesus replied, “It is written *and* forever remains written, ‘MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT COMES OUT OF THE MOUTH OF GOD.’” Jer 15:6

**Devote/commit the day to God:*

Psalms 118:24 (NKJV) ²⁴ This is the day that the LORD has made; let us rejoice and be glad in it.

Joshua 24:15c (NKJV) But as for me and my house, we will serve the LORD.”

1 Kings 8:61 (AMP) ⁶¹ Therefore, your hearts are to be wholly devoted to the LORD our God, to walk in His statutes and to keep His commandments, as you are doing today.”

Psalms 37:5 (NKJV) Commit your way to the LORD, Trust also in Him, And He shall bring *it* to pass.

**Pray to God to align your will to his will for your life:*

Luke 22:42 (NKJV) saying, “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.”

**Pray the armor of God on*

Ephesians 6:13-17(NKJV) ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.¹⁴ Stand therefore, having girded your waist with the belt of truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

**Now you are prepared to start your day and Put into practice those things God has shown you in your time of personal devotion with Him:*

James 1:25 (AMP) But he who looks carefully into the perfect law, the *law* of liberty, and faithfully abides by and continues in it, not becoming a careless listener who forgets but an active doer who obeys, he will be blessed *and* favored by God in what he does in his life of obedience.

**Exercise:*

**Can we find the “ACTS” acronym in The Lords prayer?*

Matthew 6:9-13 (NKJV) ⁹ In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.¹⁰ Your kingdom come. Your will be done On earth as *it is* in heaven.¹¹ Give us this day our daily bread.¹² And forgive us our debts, As we forgive our debtors.¹³ And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

1.) *What verse or verses can we find Adoration to God?*

2.) *What verse or verses can we find Confession?*

3.) *What verse or verses can we find Thanksgiving? 1 thess 5:16-18*

4.) *What verse or verses can we find Supplication?*

Practice sheets for daily devotions/bible study:

A daily devotion requires reading God's Word and praying for the Holy Spirit to give you understanding. Read the following verses to help you apply these principles daily.

1. Read Luke 9:23. What does this verse tell us?

2. What does it mean to deny yourself?

3. Read Luke 9:23. What does it mean to "Take up his cross and follow Me"?

4. Read Matthew 10:38. Write in your own words what this means to you.

5. Read Matthew 6:19-34. Explain what verses 6:19-20 are to you personally.

6. According to verse 21, where should your treasure be?

7. What do verses 22-23 reveal about what you see with your eyes?

8. Verse 24 states, "No one can serve two masters." Why is this necessary to remember in your plan for victory?

9. What is your response to Matthew 6:25-34?

10. Summarize what you have learned from this Bible devotion.

**Use the following verses to practice applying a personal Bible devotion. Read Matthew 7 and record what the Holy Spirit is revealing to you:*

Verses 1-6:

Verses 7-11:

Verse 12:

Verses 13-14:

Verses 15-20:

Verses 21-23:

Verses 24-26:

Now that you have learned what a daily devotion is, it is important to continue this daily habit. Every day, pick a passage of Scripture and meditate upon it. Start with a chapter a day. Journal your thoughts on what the Holy Spirit is showing you about each portion.

Philippians 4:6-7 (NKJV) “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus”