Time with God

From Identity to Intimacy.

These are the lesson notes for the following YouTube video(s):

- How to Spend Time With God Daily

DIVE DEEPER
Read This Book:
Supermen



Spirit, Soul, and Body

Soul

- **Character, personality and will:** should serve as a channel for your spirit.
- **Emotions and feelings**: should be submitted to/brought into line with your spirit.
- **Mind, understanding and memory**: should be renewed so that you have a renewed mind and receive the mind of Christ which flows with the Spirit.

Born-Again Spirit/New Creation (Superman)

- Made in the image of God in holiness & righteousness.
- Made alive with Christ and is one with/in Christ.
- Has Jesus' identity, is forgiven, made holy, made righteous and is without blemish.
- Has Jesus' authority, is seated with Jesus in the heavenly places and has received authority to reign.
- Has the power of Jesus, is filled with the power of the Holy Spirit and the 9 gifts of the Spirit.
- Is filled with God's Spirit and the 9 fruit of the Spirit.
- Has the mind of the Spirit and the mind of Christ.
- Has received everything and is blessed with all blessings.
- Is part of the Kingdom of God.

Body:

- Follows the instructions of your soul or your spirit: should be made to serve as a living sacrifice.

1 Peter 2:2
as newborn babes, desire the pure milk of the Word, that you may grow thereby,

Hebrew 5:14
But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

We need solid food. We need nourishment. Smith Wigglesworth, said it like this:

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> "Most people eat three meals a day, so that their body is well-fed and strong, but they only have one quick snack a day for their spiritual man, and then these same people ask why their faith is so weak and they see so little of God in their lives."

If you want to be a strong Christian, a healthy Christian, you need to feed your spirit, i.e. you need to spend time with God.

Matthew 6		
Giving	Soul/mind/emotion	Don't allow your left hand to know what your right hand is doing. God sees what you do in secret, and publicly blesses you.
Praying	Spirit	God sees what you do in secret, in the inner room, and publicly blesses you.
Fasting	Tells your body that it's not in charge	Don't put on a sad expression. The Father who sees what you do in secret publicly blesses you.

Relationship with God.

God made man, Adam and Eve, to have a close, personal relationship with Him, with God the Father. That's what He made man for.

Genesis 3:8
And they heard the sound of the Lord God walking in the garden in the cool of the day,

Genesis 2:19
Out of the ground the Lord God formed every beast of the field and every bird of the air, and brought them to Adam to see what he would call them. And whatever Adam called each living creature, that was its name. [20] So Adam gave names to all cattle, to the birds of the air, and to every beast of the field.

Genesis 5:23
So all the days of Enoch were three hundred and sixty-five years. [24] And Enoch walked with God; and he was not, for God took him.

Genesis 6:9
This is the genealogy of Noah. Noah was a just man, perfect in his generations. Noah walked with God.

Genesis 18:17
and the Lord said, "Shall I hide from Abraham what I am doing?

James 2:23
And the Scripture was fulfilled which says, "Abraham believed God, and it was accounted to him for righteousness." And he was called the friend of God.

Exodus 33:11
So the Lord spoke to Moses face to face, as a man speaks to his friend...

2 Chronicles 16:9
For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.

Practical Tips

1. **Create a Tent of Meeting**
   Outside the camp; away from daily worries and pressures, a place set apart for God.

   Exodus 33:7-11
   Moses took his tent and pitched it outside the camp, far from the camp, and called it the tabernacle of meeting. And it came to pass that everyone who sought the Lord went out to the tabernacle of meeting which was outside the camp. [8] So it was, whenever Moses went out to the tabernacle, that all the people rose, and each man stood at his tent door and watched Moses until he had gone into the tabernacle. [9] And it came to pass, when Moses entered the tabernacle, that the pillar of cloud descended and stood at the door of the tabernacle, and the Lord talked with Moses. [10] All the people saw the pillar of cloud standing at the tabernacle door, and all the people rose and worshiped, each man in his tent door. [11] So the Lord spoke to Moses face to face, as a man speaks to his friend. And he would return to the camp, but his servant Joshua the son of Nun, a young man, did not depart from the tabernacle.

   Psalm 132:3-5
   "Surely I will not go into the chamber of my house, or go up to the comfort of my bed; [4] I will not give sleep to my eyes or slumber to my eyelids, [5] Until I find a place for the Lord, a dwelling place for the Mighty One of Jacob."

   Matthew 6:6
   *But you, when you pray, go **into your room,** and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

   Luke 5:15-16
   However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities. So He Himself often withdrew into the wilderness and prayed.

   Matthew 14:23
   And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

2. **Set a Time in which You will Meet with God**
   Psalm 5:3, Psalm 90:14, Mark 1:35

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Psalm 61
Early will I seek you.

Matthew 6:3
Seek first the Kingdom.

Mark 1:32-35
At evening, when the sun had set, they brought to Him all who were sick and those who were demon-possessed. [33] And the whole city was gathered together at the door. [34] Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him. [35] Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

We have school, work, kids, extra jobs, full agendas and then there's social media: Facebook, Instagram, and WhatsApp, where people can get in touch with us at any time and sports, hobbies, friends, and Netflix series. If you don't watch out, your entire day is swallowed up with all of these and more, without you really having spent any time with God.

Luke 10:38-42
Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. [39] And she had a sister called Mary, who also sat at Jesus' feet and heard His word. [40] But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." [41] And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. [42] But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

"I don't have time". Everyone has time! We all have the *same* amount of time.

- I have a fast-growing ministry.
- I have a young family
- I speak some 200 times a year.
- I write books, I travel abroad.
- I work 60-70 hours a week.

Psalm 63:1
O God, You are my God! Early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water.

Matthew 6:33
Seek first the Kingdom.

Psalm 5:3
My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, And I will look up.

If you don't seek God in the morning, your chances of coming across Him by chance in the rest of the day plummets.

Psalm 90:14
Oh, satisfy us early with Your mercy,

You need discipline. You need to bring your body and soul under the control of your spirit. When my kids wake up at 7 a.m., I get up at 6.

3. Discipline Yourself

Luke 4:16
*So He came to Nazareth, where He had been brought up. And **as His custom was,** He went into the synagogue on the Sabbath day, and stood up to read.*

Galatians 6:9
And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

If you want to change your entire life, you need to start changing today. 95% of life is habits. You shape habits, and habits shape your lives.

Grow consistently. Always keep going. Go for disciplined growth.

Discipline says no to excuses. Excuses look for reasons ***not*** to do something; discipline looks for reasons ***to*** do something. You can't be a disciple without discipline.

4. Eat the Right Things

The Principle of Spiritual Hunger

The more time you spend time with God; the more you long for it.
The more time you spend doing other things; the less you yearn to spend time with God.

Proverbs 27:7
A satisfied soul loathes the honeycomb, but to a hungry soul every bitter thing is sweet.

1. **Meditate on the Word** (Joshua 1:8): I want information, yes, but I also want revelation.
2. **Pray**: different kinds of prayer.
3. **Worship**: put on worship music and just start singing, lifting your hands in worship.
4. **Read books on specific subjects**: God has given us ministries to make us strong.
5. **Listen to Messages** (Romans 10, Galatians 3)
6. **Pray in Tongues**: edify your inner man.

The Fruit

It makes you spiritually strong and clear-sighted, it shapes your character so that you'll look more and more like Christ. It sanctifies you so you have less need of pastoral counseling, and it brings God's presence, power and anointing, guidance and plans, wisdom and knowledge and boldness into your life and causes you to bear fruit. You'll have a strong, healthy, stable relationship and you'll know God personally, have a friendship with Him and hear His voice clearly.

1. **Sanctification**
2. **Presence** (Acts 4:31, Psalm 27:4-8)
3. **Power** (Acts 4:13, Matthew 17).

Acts 4:31
And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

Psalm 27:4-8

One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple. [5] For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. [6] And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord. [7] Hear, O Lord, when I cry with my voice! Have mercy also upon me, and answer me. [8] When You said, "Seek My face," My heart said to You, "Your face, Lord, I will seek." "Seek My face,"

Psalm 42:2-3

My soul thirsts for God, for the living God. When shall I come and appear before God? [3] My tears have been my food day and night, While they continually say to me, "Where is your God?"

Jesus also had to get away and find rest. Get away from the pressures of life.

You want to get away from the pressures so that His presence becomes a reality in your life, so that you can focus on His presence and just be with Him.