



A simple framework for spending time with Jesus

Having a regular rhythm of prayer and reading the Bible is crucial for anyone who wants to grow in their faith. If you would like some help getting started with this, try out this simple framework.

Find a comfortable spot.

It doesn't matter where, your favourite chair, or your favourite spot. The important thing is to be comfortable and not distracted or interrupted.

Start with Silence.

Take a few minutes (at least 2) to be still, to slow down and become aware of God's presence. You might like to recite a simple phrase, like 'Be still and know that I am God'. Silence can be tricky, the more you do it the easier it becomes. You could increase the length of time you spend in silence over time.

Read a short passage of scripture.

Slowly work your way through a book in a bible or follow a bible reading plan (check out bible.com). This is about quality, not quantity. It could be just a verse or a paragraph, we recommend no more than a chapter.

Reflect on what you have read.

What is it saying? What does it mean? What do I know about the context of why this was written? What might it be saying to me today?

Pray

Pray! Talk to Jesus about this. Prayerfully reflect on what you have read, bring him into the conversation. Then move on to pray into other things - the Teaspoon acronym is a helpful one (TSP)

Thank you - Praise God, thank him for who he is and what he has done (even if you don't feel like doing it!)

Sorry - Own up to the stuff that you know isn't right, the things you have thought, said or done that doesn't reflect the character that Jesus has for you - he knows it anyway. Ask for forgiveness and his help to grow.

Please - Bring the situations and the people that are on your mind before God, ask him to help, to heal, to be at work.