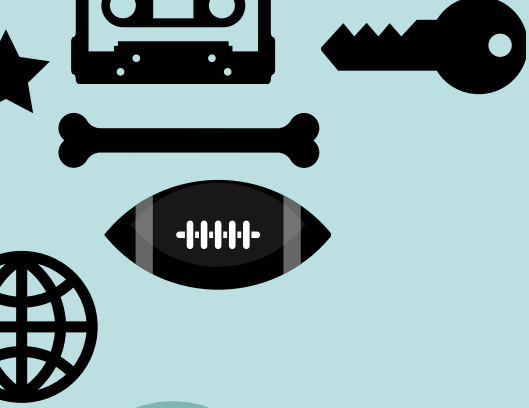




6 Tips *To Get Consistent In* **CONNECTING WITH GOD**

By Matt Brough
SpiritualityForOrdinaryPeople.com



6 Tips To Get Consistent In Connecting With God

1

The Bible is The Best Devotional

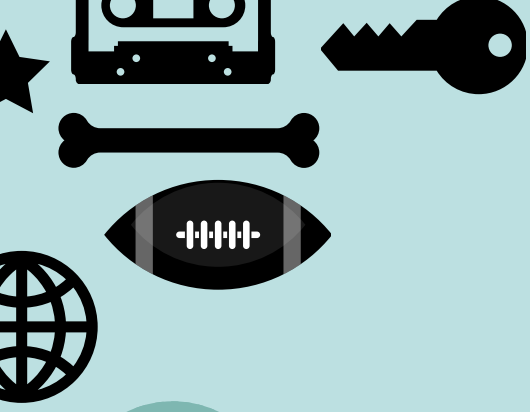
A lot of people who struggle with being consistent in prayer and reading Scripture, will look for outside help. They may search for a devotional that will provide inspiration, thinking that it will help them solve their consistency problem. This rarely works, especially for those who are not big readers.

Having an unread devotional as well as an unread Bible is not helpful. If you don't find devotionals helpful, set them aside and refocus on the Bible itself. Make a plan to read from a specific book of the Bible and start.

2

Read Less, Gain More

Most Bible reading plans are ambitious and can get overwhelming. In fact, most people who try to complete a Bible reading plan (e.g. read the Bible in one year) end up quitting. Instead, commit to reading one verse per day. It is hard to say you don't have time to read the Bible when it is just one verse. Some days you will read more, and that's awesome! If your commitment is daily Bible reading, why not set a ridiculously easy goal, and then meet or exceed it every day.



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3

Remind Yourself

Find a way to remind yourself to read the Bible or to pray. Here are some creative ways to do that:

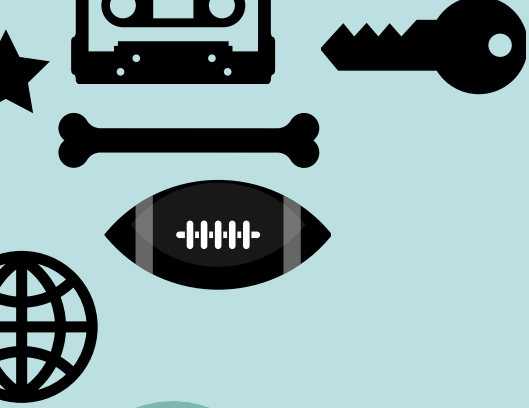
- Set an alarm on your Phone for the same time every day (if you think this might be inconvenient, see Tip #2 "Read Less")
- Make time with God an appointment on your calendar. You put other important meetings or events there, why not your daily meeting with the Creator of the universe. You might not want to miss that appointment!
- Add it to your to do list. There is nothing like checking things off a list!
- Leave your Bible open to where you last read it in an obvious place where you will see it. When you walk by, read a verse.

4

Convert Thoughts Into Prayers

It is near impossible to turn off the stream of thoughts that go through our heads. How many different people and situations are you thinking about throughout the day? What if, as you thought of things, you simply converted those thoughts into prayer.

Suddenly, you aren't just dwelling on something, or being worried about someone. You are praying.



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5

Pick a Place

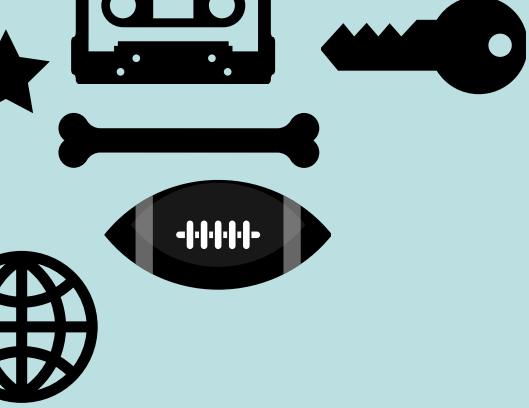
You can pray or read the Bible anywhere, but you will stay more consistent if you do so at the same time and in the same place every day. Your environment is important. You may want to set aside one corner of a room, or a certain chair. Perhaps you would prefer to be in your backyard or in a nearby park. Going to the same place every day to connect with God helps you stay consistent.

6

ASK QUESTIONS WHEN YOU PRAY

We forget that prayer is a two way conversation. There may be times we have a list of situations or people to pray for, but it can be very helpful to pray by asking questions. I will often ask: "God, what do you have in store for me?" Sometimes, when facing a decision, I will pray, "God, what do you want me to do?"

One of the keys in praying questions is leaving a significant silence after the question. Usually, if I start sensing God speaking in some way, the question will shift to "Really, God, that's what you want me to do?" At that point, it is usually time to listen some more.



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More Help Connecting With God

We need other people in order to keep on track in our Spiritual lives. The number one place I believe this happens is in the local Church, so I hope you belong to one and are not only receiving blessings from your community, but also that you are helping others in their walk with God. I'll do my part to help along the way as well.

About Matt

Matt Brough has been a pastor of small, faithful congregations for over 15 years. He has served as the director of Cyclical PCC, a Church Planting support initiative of the Presbyterian Church in Canada, and has hosted the Spirituality for Ordinary People Podcast. Matthew is the author of *Let God Be God*, *Let God Be Present*, *Let God Send*, and also a series of fantasy adventure books for ages eight and up. He lives in Winnipeg, Manitoba, with his wife, Cheryl, and their daughter, Juliet.

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