

How to have Daily Devotions

with Pastor Lee Sykes

At Cornerstone Church, we value our prayer and devotional life, taking time each day to slow down and come before God and His Word. It is a habit we would love everyone to develop. Here are some things that can help.



Place

Find a quiet place where you can be with God, free from distractions. Seek to establish a regular time of day that

works for you. Many things compete for our attention, it may take some planning and discipline. The goal is to develop consistency, that most days we have some quality time with God. Aim to start for a small amount of time (10-15mins), and then extend it.

Posture

Sitting, walking, standing, lying, kneeling, each person has a posture which suits their needs. Some like to find a comfortable chair and use a journal to write out prayers and reflections. Others like to walk or run. Whatever helps you focus on getting “into” a space with God. On different occasions, a different posture may be more effective.

Passage

Read, meditate on and study a passage of the Bible. Expect God to speak to you. It may be effective to use an audio reading, especially if you are on the move or have difficulty reading. A key technique is to slow down and allow the Word to speak to you. A devotion guide can give structure. Here’s a good one: <https://odb.org/>

Prayer

A.C.T.S. OF PRAYER. The following may be a helpful guide.

ADORATION. Beginning with worship – speaking to God about his nature and greatness (Revelation 4:11).

CONFESSION. Getting our heart clear with God, speaking about what troubles us, including personal sin (1 John 1:9).

THANKSGIVING. Having a grateful attitude, including specific things you are thankful for (Philippians 4:4).

SUPPLICATION. Seeking God humbly for your own needs and the needs of others (Philippians 4:6-7).

Practise

Seek to act upon what God is saying to you through your time of devotions. This is what leads to growth and transformation (James 1:22-25). Share with others what God has been saying and doing in your life.