

Developing a Devotional Lifestyle

3

Setting Up Regular Appointments with the Lord

Read again Psalm 139:5-10

As we saw when we read this psalm yesterday, God is everywhere. But we must be careful we don't fall into the trap of taking his presence for granted. David, the same psalmist who penned Psalm 139 also wrote Psalm 55:17:

“Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice” (NKJB).

Daniel, a man known for his prayer life, also set aside three times a day with the Lord (see [Daniel 6:10](#)).

We suggest, as part of your study discipline at OBC, that you set up a parallel prayer discipline, based loosely on this morning-noon-evening format.

Read Isaiah 50:4

Read Psalm 65:8

Remember: God is not interested in spending just half an hour with you. He is not even interested in spending two hours with you. He wants the whole day.

In fact, in no place does the Bible say: “Pray for one whole hour each day.” What it does say is “pray continually” ([1 Thessalonians 5:17](#)). A whole day is to be marked by an ongoing contact with God in prayer (read [Psalm 118:24](#)).

By setting up regular appointments with the Lord (in prayer and the study of his Word), you are setting up a framework where the command to “pray continually” can become a daily reality for you personally.

Putting it into Practice

In your devotions this morning, read [Psalm 27](#). As you read, talk to the Lord about the content of this psalm. When you have finished, go back and find one or two verses and meditate on them.

MEMORY VERSE

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

Here are a few suggestions that may help you to memorize your memory verses:

- ➡ Ask the Lord to help you remember his Word (see [John 14:26](#)).
- ➡ Use the version of the Bible you are most familiar with. What you normally read in your Bible is what you need to be memorizing.
- ➡ Don't just memorize the contents of the verse; memorize its "address" (the verse reference) as well. You can do this by following this pattern: Step 1: **reference**; Step 2: **verse content**; Step 3: **reference**. Then repeat steps 1-3. Note that you are quoting the reference twice as many times as you quote the actual verse content. This helps give your memory verse a clear "reference tag."
- ➡ After you have read your memory verse out aloud several times, try going through your memory verse *without* reading your computer screen.
- ➡ Look up your memory verse in your Bible. Look at its immediate context and read the verses that come before and after your memory verse.
- ➡ Print out your memory verse or jot it down on a piece of paper. Take this paper with you when you go to work or do other daily activities. Meditate on the meaning of the verse throughout the day.
- ➡ During your noon appointment with the Lord, take out your memory verse and go over it again. Talk to the Lord about what this verse means to you personally.
- ➡ In the evening (at either your evening study or your evening devotions), see if you can quote your memory verse from memory. Then, without looking at the memory verse itself, see if you can find it in your Bible.
- ➡ The next day, before you begin committing a new verse to memory, rehearse your previous day's memory verse and see if you can remember it (without cheating!).
- ➡ Finally, at the end of the week (possibly on the Sunday), collect all your week's memory verses, rehearse them and see if you can recall them without reading them. Spend a little extra time on any verses you have difficulty recalling.
- ➡ Remember: Don't just memorize a verse. Put it into practice ([James 1:22](#)). It is not being able to quote a verse from memory that counts. It is His Word *abiding* in your heart that counts ([John 15:7](#)). When you actually apply a verse consistently to your daily life, that is when you *truly* know that verse!