

PERSONAL WORSHIP GUIDE

Throughout his life and ministry, Jesus created time and space to withdraw from others to pray to the Father (Mk. 1:35; Lk. 5:16, 6:12). This time alone grew intimacy with the Father and fueled his ministry on earth. As followers of Jesus, we must also adopt this practice into our own lives (Mt. 6:6). It only requires that we have a bible and a method to record our thoughts (journal). Our primary focus should be to grow in intimacy with God, knowledge of God, and be corrected and trained in righteousness (2 Tim. 3:16; Ps. 63:1-8; Jer. 9:23-24).

The following model (**MAPS**) is designed to help facilitate this growth and intimacy in Christ. Make every effort to avoid “checking boxes” but focusing on growing in relationship with Jesus. Use this in cooperation with a bible reading plan (See IDC Reading plan). Our reading plan usually consists of two chapters per day including one chapter from the Old Testament and one chapter from the New Testament or Psalms.

MEDITATE & MEMORIZE

After completing the daily reading slowly and carefully, spend time reflecting on what you read. Think about what it means and what God is saying through these chapters. Think about things such as,

- What is happening in the chapter?
- Who was it written to and when and where is it taking place?
- What was most important to you?
- What did you learn about God? About who he is? About Jesus and who he is?
- What is the main point of the passage?
- Does anything not make sense about the passage?

These questions do not necessarily have to be answered every time or in order. They are merely a launching point to help you think in depth about the passage. **Be sure to record your thoughts.**

APPLY

After meditating on and memorizing the Word, it is imperative we apply it to our lives. It could be helpful to think about application in three ways, “Head, Heart, & Hands.” This is in reference to our thoughts (head), desires (heart), and actions (hands) and how the days reading should shape our response in these areas. Here are some questions that could help us think through these aspects of application:

- **Head:** How might I need to think differently about God/others/myself/ the world based on this passage?
- **Heart:** How does this passage change what I want in my life, or my family, or in the world?
- **Hands:** What does this passage compel me to do (or not do) based on what I read?

PRAY

It is important to spend time praying about what we have read and are applying to our lives on a daily basis. We should spend time with God asking him to help change us in our heart, mind, and life based on his Word. Here is a model of prayer that could help:

- **Praise:** How is God’s character revealed in these verses? Spend time praising God for who he is.
- **Repent:** How do these verses reveal your sin, unbelief, or inadequacy? Spend time confessing to God.
- **Ask:** What’s one thing you would like to pray for your life based on what you’ve read? What’s one thing you would like to pray for someone else based on what you’ve read? Write out your prayers to the Lord.
- **Yield:** Spend time talking to God about how you want to apply what you’ve learned.

SHARE

Conclude your time alone with the Father by committing to sharing something He has taught you with at least one other person. This could be a roommate, spouse, child, coworker, neighbor, etc. Critically think about your schedule and who you will see and spend time with in the next 24 hours. Ask the Lord to direct you in what to say and how to say it. Pray he provides opportunity to share what you have learned and the gospel and supplies you with boldness and courage to do it. (He is with you!)

SAMPLE JOURNAL ENTRY

Passages: Genesis 1; Matthew 1

MEDITATE & MEMORIZE

MEDITATE: Genesis 1 gives the account of creation. It is amazing to see that we have a God that was so intentional in creation. As each verse goes by you really get to see the creativity and care of our God about his creation. God created everything just the way he intended to. There were no mistakes and no and no accidents. It was perfection! What was most encouraging was that in day 6 he created man in his image and likeness. Being created in the image and likeness and God sets humanity in a distinct and special place in God's creation. This "imago dei" is the foundation of how we should view all people in the world. This gives everyone a special and unique place in the earth making us all worthy of dignity, respect, and love. Interesting also was fact that after he created man, God said it was "very good."

Matthew 1 was a little less exciting at the beginning than Genesis 1. Although, it was very interesting to see the lineage of Jesus, what was most exciting was the angel coming to Joseph in his sleep to tell him about Jesus. What an amazing thing to see here that the prophecy of Isaiah "behold the virgin shall conceive and bear a son, and they shall call his name Immanuel" is coming to pass. This is one of the greatest moments in all history. The promised one is about to be born!

MEMORIZE: I am going to work in memorizing Genesis 1:27. "So God created man in his own image, in the image of God he created him; male and female he created them."

APPLY

After reading Genesis 1, it really has me thinking about how we treat one another. As people we need to understand that we are all created in God's image, and this should really influence how we see one another and treat one another. I need to begin to think differently about the people around me and encourage others to do the same. Everyone we encounter, including those we disagree with, are made in God's image and is someone for whom Christ died.

After reading this, I desire more than ever to see people come to know Jesus so they can know his love and all he's done for us. I want to do what I can to help my family and our church reach our neighbors with the gospel to share the amazing love of God in Jesus. I want to think of some creative ways to encourage those around me who don't know Jesus to come into relationship with him. I think I am going to start by praying for them.

PRAY

Father, I praise you for how wonderful you are. For all the work of your hands in creation and how you brought Jesus into the world. Only you could have done this. I repent for being complacent when it comes to my neighbors and those in my family that don't know you. I repent for not loving people made in your image the way you do. I ask for you to give me a heart like yours for the people around me. I pray that you would save John and Susan. I pray that would save my next door neighbors, the Thompsons. I pray you would give me the boldness and courage to share with them all I have learned about you and your beautiful gospel. Help me love them more and love you the way you deserve. Use me Lord. In Jesus name, amen.

SHARE

I would like to share the convictions I have gotten about all people being made in God's image with my spouse and small group. I also am going to share the gospel with my neighbor. I have put it off for too long.