




# A Guide to *Slowing Down* and Spending Time with God This Summer



 Summer can be a stressful time for many reasons. For many people, kids are home for summer break, and there is never any time to simply be alone. You may think to yourself, "When am I supposed to have time with God if I'm always busy?" When faced with these tough questions, take a breather and remove yourself from the stressful situation.

 Go to an inner room and talk with the Lord. Give all your worries, problems, and concerns over to Him (1 Peter 5:7). Once you have taken these steps, you can start to create a game plan. Slowing down and spending time with God this summer will not come effortlessly, you will have to put in time, energy, and dedication.

 The more time you spend with God, the closer your relationship with Him will become. Slow down this summer and truly take time to sit at the foot of the cross. Growing in your Christian walk is not a race; instead, it is a journey. Take each day as it comes, focus on the present, and leave the future in God's hands.

## REMEMBER:



It's not about having more time.



It's about making God a priority.



He always meets you where you are.

## 1. PRAY DAILY THIS SUMMER

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

Take it slow every morning when you wake up. Don't feel like you have to rush around and get ready for the day; instead, wake up 20-30 minutes earlier and spend time with the Lord in prayer. It can be helpful to wake up before the rest of the household because you will have uninterrupted time with the Lord. As you are talking with Jesus, present all your concerns to Him.

It can be easy to think that our struggles are "too small" for God, but He cares about every worry upon our heart. Nothing is "too big" or "too small" for Him. Jesus tells us, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6:26).

Create a personalized area in your home for prayer time with the Lord. Many people call this their "prayer closet." Along the walls and door, you can write down on paper various prayers for yourself and others. It can be beneficial to escape to your prayer closet when your summer plans become a bit overwhelming. Jesus always meets you where you are and cover you with grace.



## Let's Pray Together:

Dear Jesus, this summer, I am going to come to You every morning in prayer. By waking up half an hour earlier each day, I will have uninterrupted time with You in prayer. Even with all the busyness in my life, I will always make time for You. When I present my worries and concerns to You, please wrap me in the warmth of Your love.

Help me to slow down and fully look at You this summer. Always looking at my problems will only cause increased levels of anxiety to rise in my heart. I am abandoning any negative, stressful thinking and I'm surrendering my life to You. Ensure this summer is one of peace, growth, and love. In Your remarkable Name, I pray, Amen.

## 2. SLOWLY STUDY THE BIBLE THIS SUMMER

"Your word is a lamp for my feet, a light on my path" (Psalm 119:105)

How can we know God if we don't study the Bible? The Bible contains everything we need to know about God (2 Timothy 3:16-17). Failing to spend time in the Word will result in an impaired relationship with God. As followers of Christ, we must slow down and study His Word this summer. Taking even 5 minutes out of your day to study the Bible can make the world of difference in your spiritual health.

Is there a book of the Bible that currently interests you? You could start with the Gospel of Matthew, Mark, Luke, or John. Challenge yourself to read a few passages or a chapter each day. Never feel like you have to read an entire book in one sitting. God wants you to take your time when you study the Bible and to fully digest it. Rushing through the Bible will only bring serious problems and confusion into your life.

If you are ever unsure about what a particular passage or verse means, pray over the matter and consult a trusted source. This could be your pastor, a spiritual mentor, or a reputable site online. Ensure their answer always aligns with the Bible. Commentaries can also be helpful as well as Bible guides. Challenge yourself to read the Bible every day this summer and watch your faith soar.

## 3. APPLY THE BIBLE INTO YOUR DAILY LIFE THIS SUMMER

Biblical application doesn't come naturally to us; in fact, it can be one of the most challenging parts of our Christian walk. As you are slowing down and spending time with God this summer, think about ways you can apply the Bible into your daily life. Perhaps you are studying Matthew 28:18-20, which describes the Great Commission. Rather than ignoring this command in Scripture, challenge yourself to get involved in missions.

You could serve overseas for the summer on a mission trip, pray for existing missionaries, or learn more about mission work. Slow down and truly appreciate your time in the Bible. It is a true privilege and blessing to simply sit with the Bible, study it, and actively apply it into your life.

If you ever struggle with applying a certain passage into your life, pray for the Lord's help. He will help you overcome any struggle this summer.



### Let's Pray Together:

Dear God, I'm not going to lie, it can be challenging and study the Bible during the summer months. I tend to be more busy and short on time. Please help me to slow down and carefully study Your Word. I know You have wonderful things to teach me within the Bible. If I don't have time to sit down and read the Bible, encourage me to play an audio Bible in my car, while on the way to work, or on the way to a summer event.

Thank you for blessing me beyond means, God. In Your Son's Name, I pray, Amen.

"Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it-not forgetting what they have heard, but doing it-they will be blessed what they do" (James 1:22-25).



### Let's Pray Together:

Dear Jesus, I want to slow down and spend more time with You this summer. Regrettably, I have neglected my time with You on more than one occasion. Please forgive me for this sin. I long to grow closer to You and I know a major way to do this is applying the Bible into my life. Please help me to apply all the Bible into my life, even the more challenging aspects. Thank You for believing in me and blessing me with support. In Your beautiful Name, I pray, Amen.

**iBelieve**



*Slow down. Spend time with God. Grow in faith.*



*It's a journey, not a race.*

