
E. DEEPENING YOUR WALK WITH GOD/ INTMACY WITH GOD

E.6: I know how to spend a day with the Lord *[Mark 1:35]*

A STORY

When I was in the Navy, the local Navigator invited me to go and spend a day with God. I said in my heart, “Wow, that is a long time. What am I going to do for an hour?” He shared with me that as Jesus was busy in ministry and caring for people, he would get away to have special time with God.

DIGGING INTO THE BIBLE

Mark 1:35

A great while before the day, Jesus went out into the mountain to pray...

What did he do during this time?

DISCUSSION AND DISCOVERY

1. What does it mean a great while before day?
2. What was the reason for going to the mountain?
3. What are some examples of prayers of Jesus from the Scripture?

NOTE: The Navigators have a tool called [How to Spend Extended time in Prayer?](#) You can click the link or look it up directly on the internet or go to the www.navigators.org website and look under “Resources”. Then download it and be prepared to discuss with a Coach.

APPLICATION AND ACCOUNTABILITY (check out download at end of worksheet)

4. Were you able to download the instruction on the extended day with the Lord?
5. What was your response to this plan?
6. When will you put this plan into your schedule?
7. What can I do to be of help in your time?

APPLICATION AND ACCOUNTABILITY (after your time with the Lord)

1. What did God speak to you about?
2. How did you respond to his direction?
3. How did you feel about the spacing if the time during you extended time?
4. How was the instruction helpful?
5. What will you do about his instruction for you?
6. When will you put this into practice?

HOW TO SPEND A DAY WITH THE LORD? See [2:7 Book 2: Deepening Your Roots](#) [Mark 1:35] I want my relationship with God to grow. How do I spend a day with God?