

## *Freedom from Emotional Eating - Page 113*

It's easy to lose sight of just how much time we need with God each day. If He is to be our provider, our support, our counselor, and our deliverer, then we really need to see Him for more than five or ten minutes each morning.

You can imagine how busy Jesus was at the height of His ministry, yet He still took time to get away from everyone and spend long hours in prayer. If Jesus needed that time to be strengthened, how much more do we need it?

Today we'll discuss four reasons why we need to spend time with God. As we get to each reason, fill it in on the lines below.

### **Reasons to Spend Time with God**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

First, we need to spend time with Him in order to develop intimacy with Him. If I communicate with my husband only five or ten minutes a day on a fairly superficial level, I'm not going to feel close to him. Our emotional intimacy will depend on the quality and quantity of time we spend together.

It's the same with God. We shouldn't expect to be excited about our relationship with Him if we haven't put any effort into developing that bond.

Think of it this way. Can you develop an intimate relationship with your husband or friend if you're the only one putting effort into the relationship? Of course not. You both have to work at it, and it's not always easy.

- What hinders emotional intimacy in a relationship with your spouse or friend?

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- Do those same things hurt your relationship with God? In what way?

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Another reason we need time with God is to combat the lies Satan likes to throw at us through our involvement with the world. This is what really drew me into a

close relationship with God after years of not spending much time with Him. The more He set me free from the lies I was believing, the closer I felt to Him and the more I wanted to spend time with Him and serve Him.

We also need to saturate ourselves with God's presence in order to keep Him first in our lives. It's so easy to let other relationships and activities become more important than our relationship with God. Yet God wants to be first in our lives, not second. My friend, we must be very careful not to make idols of the good things in our lives.

Finally, we need to spend time with Him in order to mature. Look with me at a familiar parable in Luke 8:1-8. List below the four places the seed fell and what happened to it in each place.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Now look at Jesus' explanation of the parable in verses Luke 8:11-15 and share which group of people each seed applies to and what happens to them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Which seed do you think most represents the busy lifestyle? \_\_\_\_\_

As that seed is choked by life's worries, riches, and pleasures, what happens to it?

\_\_\_\_\_

The question I need to ask myself is this, "Am I spending enough time with God to mature, or is His influence in my life being choked out by the world?" In other words, is my relationship with God deep enough to change my bad behaviors?

For example, am I less critical today than I was a year ago? Am I more compassionate, less apathetic, less selfish, more loving? If the answer to all of those questions is no, then I'm not spending enough time with God!

We must be careful not to say, "Well, that's just my personality. I have a weakness in that area." My friend, God doesn't mean for us to carry those

weaknesses to the grave—He wants to transform us!

As I spend time in His Word renewing my mind, He will transform my character. Time is important. If I spend my time the way the world does, then I'll look like the world. If I spend my time the way God wants me to spend it, then I'll begin to look more like Him.

Is there anything in your life that is choking out God's Word? What is it that keeps you from spending more time with Him?

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- Are you believing any lies that keep you from spending significant time with Him? What are the lies and what is the truth?

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If you're believing lies that keep you from spending time with God, then it will help to renew your mind before you begin your quiet time each day. Remember that belief creates desire. Believing the truth about time with God will make you *want* to have your quiet times. If discipline isn't your strong suit, then desire is important. God can give you this desire through truth journaling and Scripture prayers.