

Four Things to Do Every Day

An excerpt from the book, "Open Doors," by Caryn Ann Kilgore

We know that we have come to know him if we obey His commands. The man who says, "I know Him," but does not do what He commands is a liar, and the truth is not in Him. But if anyone obeys His Word, God's love is truly made complete in him. This is how we know we are in Him: Whoever claims to live in Him must walk as Jesus did. 1 John 2:3-6

Your Christian life involves walking with the Lord: following Him, keeping your eyes on Jesus, truly making Him Lord of your life and having a close, personal relationship with Him. Walking with the Lord takes purpose, consistency, dedication, and a desire to be pleasing to Him above all else.

You may experience some conflict within yourself as you make choices between good and evil, between doing what you want, and doing what God wants. As you set your mind to please God instead of yourself, that conflict will resolve. As you walk through your Christian life following these principles and loving Him with all of your heart, soul, mind, and strength you will become an overcomer.

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Mark 12:30

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Four Daily Spiritual Principles

These are four principles that you need to incorporate into your life on a daily basis: prayer, Bible reading, worship and spending time in the presence of the Lord.

The first principle to incorporate daily is:

Prayer

The Word tells us:

*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

Start your day with the Lord in prayer. I believe in dedicating your day to the Lord in prayer before you even get out of bed in the morning. Jesus set aside time every day to pray. How much more should we? All through the gospels it talks about Jesus' prayer life: He withdrew to a solitary place to pray. He got up early to pray. He prayed all night. He went to the garden to pray before the cross. Jesus lived a life of prayer.

*Prayer is the necessary link to receiving
God's blessings, the fulfillment of His promises,
and the power of the Holy Spirit.*

Jesus maintained a lifestyle of prayer, and through it, brought healing, deliverance, and set the captives free. To have spiritual authority in prayer, you have to be connected to the source! Jesus is the source, and He is the one who heals. Being a pure vessel for Him to flow through is a most important aspect of prayer. Psalm 66:18 says: *If I had cherished sin in my heart, the Lord would not have listened.* Being a pure vessel means salvations, healings, and deliverances can be accomplished for the Kingdom and for His glory.

Jesus taught us how to pray in Matthew 6:9-15. Prayer is talking to God. It is the multi-faceted communication of believers with the Lord. Sometimes you may think you are too busy to pray. I want to encourage you, that your day will go much better by starting it in prayer. The Bible encourages us to devote ourselves to prayer, and to pray without ceasing; this means continual prayer, a conversation with the Lord in our hearts. This naturally happens as our minds and hearts are focused upon the Lord

An important thing to remember is that there is no power behind our prayers if they are not linked to God and His will. The power in prayer comes from the Lord. Jesus prayed specifically and persistently, but always in submission to God and in accordance with the will of the Father. A perfect example of this is when Jesus was about to face the agony of the cross in Matthew 26:36-46.

Jesus also taught us to pray in the Lord's Prayer: "Your Kingdom come; Your will be done." Matthew 6:10. Through prayer we discover what His will is, by aligning our hearts with His, and then praying.

Prayer aligns our hearts with God's Will.

Other scriptures on prayer to encourage you are:

2 Chronicles 7:14-16

1 Samuel 1:1-28

Ezekiel 22:30

Psalms 51

66:18

Matthew 6:5-15

7: 7-12

21:21-22

26:36-44

Mark 11:24

Luke 6:12

11:5-13

22:39

John 15:7

16:24

chapter 17

Romans 12:12

Ephesians 1:15-23

3:12-21

6:18-19

Philippians 4:6-7, 19

Colossians 1:9-10

4:2

1 Timothy 2:1-8

1 Thessalonians 5:17-18

Hebrews 4:16

10:22

James 5:13

5:16

1 John 3:22

Jude 20

The second principle to incorporate each day:

Reading the Bible

*I have hidden your word in my heart
that I might not sin against you.*

Psalm 119:11

I encourage you to daily read the Word of God. Pray and ask the Lord to give you a love for His Word. Ask Him through the Holy Spirit to help you to understand the Bible, as you are reading it, and to apply it to your life.

When you read your Bible, you get to know Jesus better. The Bible gives us direction, helps to keep us from sinning, and has the answers to all of life's questions. What other book can you say that about? The Bible helps us to know Christ, live in Christ, obey Christ, and witness for Christ.

The Bible is one of the ways that God talks to us. God will never contradict or go against His Word.

*In the beginning was the Word, and the Word
was with God, and the Word was God.*

John 1:1

Why Should We Read the Bible?

- The Bible is how God speaks to us. John 1:1
- It reveals who He is. 2 Timothy 3:16
- To get to know the Lord, have a personal relationship, and fellowship with Him.
John 3:16-17, 1 John 1:1-4.
- It shows God's love for us. 1 John 4:7-21,
John 3:16.
- It produces faith. Romans 10:17,
Matthew 21:21-22.
- It encourages us to trust the Lord.
Proverbs 3:5-6, Psalm 23.
- It keeps us from sinning. Psalm 119:11
- It brings freedom from sin. 1 John 1:9,
Psalm 51.
- It judges the thoughts and attitudes of the heart. Hebrews 4:12
- It is our offensive weapon to fight the devil off with, our sword. Ephesians 6:17
- It keeps us from being deceived. 1 Timothy 4:1, 2 Timothy 3:1-5.
- It brings healing. Exodus 15:26, Isaiah 53:1-5, James 5:14-16

- It brings comfort. The book of Psalms.
- It gives us wisdom. The book of Proverbs.
James 1:5
- It directs and teaches us. Psalm 119:105,
2 Timothy 3:16-17.
- It protects us. Psalm 91.
- It manifests truth. The truth sets us free.
John 8:36.
- It renews our mind. Romans 12:2
- It strengthens and equips us.
Ephesians 4:11-16, Ephesians 6:10-20
- It releases us from condemnation. Romans 8:1
- It enables us to give a reason for the faith we profess. 1 Peter 3:15
- It prepares us for what God has called us to do.
2 Timothy 2:15
- It encourages us that God has good plans for us. Jeremiah 29:11

All that and so much more!

Billy Graham said: *“Long ago I decided to accept the Bible by faith. This should not be difficult for anyone to do. Most of us do not understand nuclear fission, but we accept it. I don’t understand television, but I accept it. Why is it so easy to accept all these man-made miracles and so difficult to accept the miracles of the Bible?”*

It is helpful to use a Bible in a version that you can understand (NLT, ESV, NIV, NASB, NKJV). A study or life application Bible are good tools also. You can use a Bible reading plan (a Bible reading plan is a way to systematically work your way through the Old Testament and the New Testament), and highlight the verses that stand out to you, as you read. Memorizing scripture, studying the Bible, and attending Bible studies will help you to grow in your faith.

*So faith comes from hearing,
and hearing by the word of Christ.*

Romans 10:17 (NASB)

Other scriptures on Bible reading are:

Deuteronomy 6:1-7

Psalm 19:7-11

Psalm 119

138:2

Matthew 5:18

John 1:1-5

Acts 2:29-36

17:6

20:32

Romans 10:17

Ephesians 6:12

4:11-16

1 Thessalonians 2:13

1 Timothy 4:11-16

2 Timothy 2:15

3:15-17

Hebrews 4:12

James 1:5

1:22

2 Peter 1:20-21

The third principle to exercise daily is:

Worship

*Shout for joy to the Lord, all the earth.
Worship the Lord with gladness;
come before Him with joyful songs.
Know that the Lord is God.
It is He who made us, and we are His people,
the sheep of His pasture.
Enter His gates with thanksgiving
and His courts with praise;
give thanks to Him and praise His name.
For the Lord is good and His love endures forever;
His faithfulness continues through all generations.*

Psalm 100

Worship is so much more than singing a song about God, but ascribing to Him the honor, glory, and praise that is due Him. The word “worship” is derived from an old English word “*worthship*,” and constitutes those actions and attitudes that ascribe honor and worth to the great God of heaven and earth. Worship is God-centered, not human-centered because worship focuses our attention on the Lord rather than on ourselves.

In Christian worship we draw near to God with joy and gratitude for what He has done for us in Christ and through the Holy Spirit. Worship expresses faith, love, and devotion from our hearts and with our lives to God the Father and to the worthy lamb who was slain for our sins.

Worship may express itself in the form of direct address, as in adoration or praise, thanksgiving, singing, or in service to God; and may be in private or public.

When I am worshipping the Lord, I like to imagine that I am standing before the Lord, in the throne room of God. How would I act? How would I give Him glory? I would praise Him with my mouth, raise my hands to Him, sing a worship song to Him from my heart. My eyes are upon Him and Him alone, with my spirit and soul acknowledging that He is worthy to be praised!

Make it a priority to daily worship Him.

*Great is the Lord and most worthy of praise;
His greatness no one can fathom.*

Psalm 145:3

Other scriptures on worship are:

1 Chronicles 16:25

Nehemiah 8:5-6

Psalms 18:3

Psalms 29:1-2

Psalms 33:1-3

Psalms 34:1-3

Psalms 48:1-14

Psalms 95:1-7

Psalms 96:4

Psalms 99:5,9

Psalms 100

Psalms 121:1

Psalms 145:3

Psalms 149

Psalms 150

John 4:1-26

Ephesians 5:19-20

The fourth principle to incorporate daily is to:

Spend Time in the Presence of the Lord

Psalm 46:10 says: *Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*

Daily spend time in the presence of the Lord. Listening, not petitioning during this time. Being content to be in His presence. The Hebrew meaning of this phrase, *be still*, can be translated “*let go.*” It means to quit holding on to things that keep you from exalting God and giving Him the proper place of honor in your life. Spending time with the Lord in His presence; not petitioning, or doing personal devotions, or Bible study during this time; but sitting, being still, listening, and enjoying His presence and fellowship.

It is important that there are no distractions during this time. Such as: cell phones, texting, computers, email, Facebook, television, radio, or even music.

If you are always busy, never being still, constantly distracted, you will never spend the time with the Lord or get to know Him, hear His voice, or spend time in His presence.

*He makes me lie down in green pastures,
He leads me beside still waters,
He restores my soul.*

Psalm 23:2

Let’s look at the life of David when he was a shepherd. He spent a lot of hours in the fields, watching over the sheep. While doing that, he had time to spend with the Lord: thinking about Him, worshipping Him, and praying. Many Psalms in the Bible were written as a result of David spending that time with the Lord.

Our heavenly Father invites each of us into the fellowship of His presence. To what degree are we listening, observing, and following His lead?

Scriptures that encourage you to spend time in His Presence, some were written by David:

Psalm 23

Psalm 24

Psalm 29

Psalm 30

Psalm 32

Psalm 33

Psalm 34

Psalm 46

Psalm 42

Psalm 37:3-7

John 10:1-18

Acts 4:13

It is so important to incorporate these four daily spiritual principles into your life. In implementing each one of them-prayer, reading the Bible, worship and spending time in the presence of the Lord- you will find yourself growing and focused on Jesus.