

# Daily Spiritual Routine





He holds 61 NHL records.

He has more career assists than any other player has total points.

He scored 50 goals in just 39 games during the 1981–82 season.

He won the Hart Trophy nine times, including eight straight seasons.

His 1988 trade from the Edmonton Oilers to the Los Angeles Kings shocked the sports world.

## What are the benefits of knowing God?

### 1. Trust – growing in faith

- And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you. Psalms 9:10

### 2. Transformation - The more you know Him, the more you start to think and act like Him.

- And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. 2 Corinthians 3:18

## What are some of the ways to get to know God?

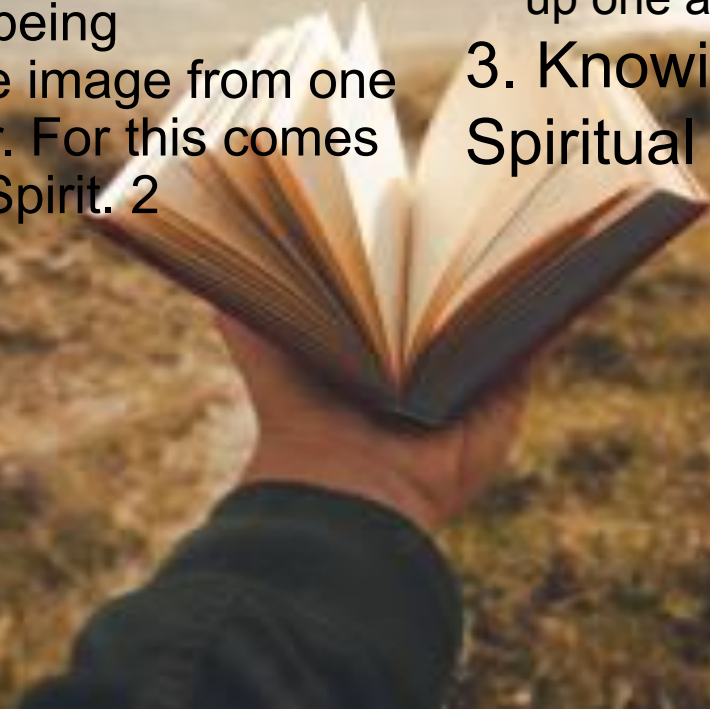
### 1. Knowing God through your Experiences

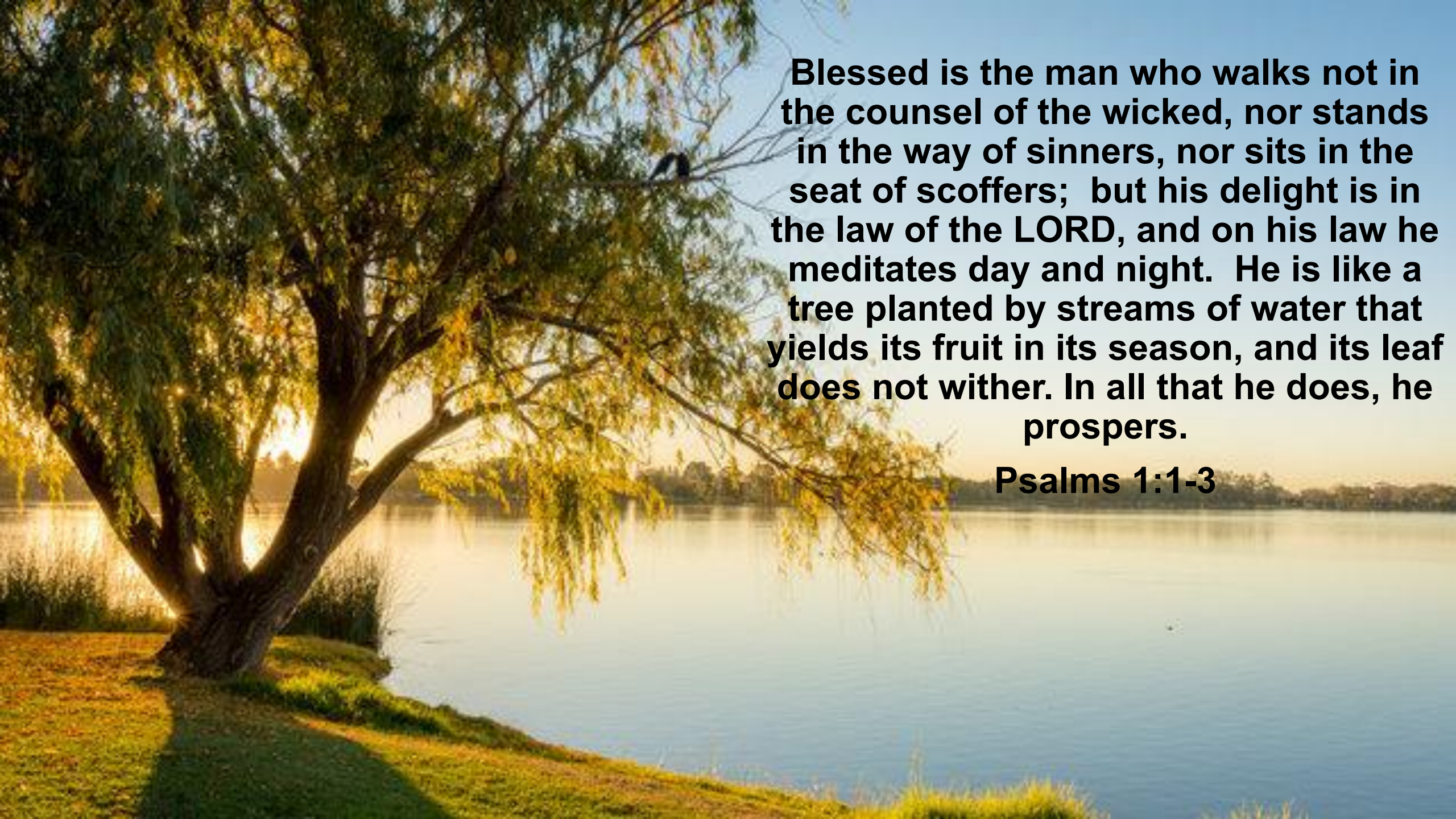
- Psalms 16:11 ESV You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

### 2. Knowing God through your Community

- Hebrews 10:24 ESV And let us consider how to stir up one another to love and good works,

### 3. Knowing God through your Daily Spiritual Routine (DSR)



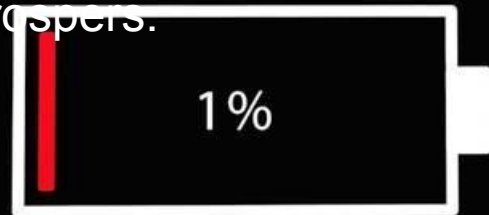


**Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.**

**Psalms 1:1-3**

## Why should we do this?

1. **Stability in the Storm** –  
Tree planted by streams of  
water.
2. **Intimacy over Information**  
– Yields its fruit in its  
season.
3. **Guidance for the Path** – In  
all that he does, he  
prosper.



Low battery

What is your DSR like?



## The Priority (Make the Time)

### 1. The Example of Jesus (Mark 1:35)

- *"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."*
- If Jesus—the Son of God, the Sinless One—needed to separate Himself from the crowds to commune with the Father, how much more do we?

### 2. Overcoming the "Busyness" Myth

- We are not too busy; we just have different priorities. We make time for meals, for social media, and for sleep.
- **Application:** Treat your appointment with God like a doctor's appointment or a crucial business meeting. Put it on the calendar.

# How to create your DSR?

## 1. Read and Meditate

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8

Questions to ask while meditating:

What is God telling me about himself? Is there an emotion? Do I see Jesus in this section? What if I was there? How do I apply this to my life? Is there a change I need to make?

## 2. Pray

- Divide the Lord's prayer into sections and pray through each section.
  1. Adoration – Our Father in heaven, hallowed be your name. (this can include thanksgiving)
  2. Submission – Your kingdom come, your will be done, on earth as it is in heaven.
  3. Petition – Give us this day our daily bread,
  4. Confession – and forgive us our debts, as we also have forgiven our debtors.
  5. Preservation – And lead us not into temptation but deliver us from evil.

## 3. Silence

- “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” Psalms 46:10
- Try the method two handed coffee.

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:22-23

