

THE 28th.LIFE

THE SPARK

MODULE 6 — DAILY DEVOTION

Building a Daily Rhythm of Life with God

Module Overview

Faith grows through relationship.

Just as every healthy relationship requires intentional time together, our relationship with God grows as we consistently spend time in His presence. While prayer allows us to speak with God and Scripture allows us to hear from Him, a daily devotional brings these practices together into a life-giving rhythm.

A devotional is more than reading a few verses or checking off a spiritual task. It is intentionally setting aside time each day to worship, listen, reflect, respond, and grow closer to Jesus.

Throughout Christian history, believers have referred to this practice as having a "quiet time," "daily devotions," or "personal worship." Whatever you call it, the purpose remains the same—to know God more deeply and allow Him to transform your heart.

Don't worry about making your devotional time perfect.

The goal is consistency, not perfection.

Some days your time with God may be filled with profound insight. Other days may feel quiet and ordinary. Both are valuable. Faithfulness over time produces spiritual maturity.

"Draw near to God, and He will draw near to you."

— James 4:8

Learning Objectives

By the end of Module 6, you will:

- Understand the purpose of daily devotions.
 - Learn how to create a meaningful devotional routine.
 - Practice reflecting on Scripture and responding in prayer.
 - Develop habits that help you remain spiritually healthy.
 - Discover how worship, gratitude, and obedience become part of everyday life.
-

LESSON 15 — WHAT IS A DEVOTIONAL?

Theme

A devotional is intentional time spent growing in your relationship with God.

Key Scriptures

- Psalm 1:1–3
 - Luke 10:38–42
 - John 15:1–8
 - James 4:8
-

Big Idea

God desires your heart, not just your attention.

Introduction

If someone asked, "How is your relationship with God growing?" what would you say?

Relationships deepen through intentional time together.

Imagine trying to build a friendship without ever having a conversation. The relationship would remain shallow. The same is true spiritually.

A daily devotional creates space to slow down and be present with God. It is not about accomplishing a task—it is about cultivating a relationship.

Whether your devotional lasts ten minutes or an hour, what matters most is that your heart is open to God.

What Happens During a Devotional?

Although every person's devotional time may look different, it often includes:

- Prayer
- Reading Scripture
- Reflection
- Listening
- Worship
- Journaling
- Responding in obedience

These practices work together to help us remain connected to Christ.

Abiding in Christ

In John 15, Jesus describes Himself as the vine and His followers as the branches.

Branches remain healthy only when they stay connected to the vine.

Our spiritual lives are no different.

Daily devotions help us remain connected to the One who gives us life.

Reflection

1. What does spending time with God currently look like?
 2. What keeps you from slowing down?
 3. How would a consistent devotional life affect your relationship with Jesus?
 4. What part of a devotional interests you most?
-

Weekly Challenge

- Spend at least ten minutes with God every day.
 - Read John 15.
 - Begin writing one sentence each day about what God is teaching you.
-

Prayer

Father,

Thank You for inviting me into a daily relationship with You. Help me desire Your presence more than my distractions and teach me to delight in spending time with You.

In Jesus' name,

Amen.

Memory Verse

"Draw near to God, and He will draw near to you."

— James 4:8

LESSON 16 — BUILDING A DAILY DEVOTIONAL RHYTHM

Theme

Spiritual growth happens through faithful rhythms, not occasional moments.

Key Scriptures

- Mark 1:35
 - Psalm 5:3
 - Colossians 3:16–17
 - Ecclesiastes 3:1
-

Big Idea

Consistency creates space for God to shape our hearts over time.

Introduction

One of the biggest challenges to spiritual growth isn't a lack of desire.

It's distraction.

Our schedules fill quickly. Notifications compete for our attention. Responsibilities pull us in every direction.

Without intentional rhythms, our relationship with God can easily become something we fit into the leftover moments of our day.

Jesus modeled something different.

He intentionally withdrew to spend time with His Father.

If Jesus needed regular time alone with God, so do we.

Creating Your Devotional Rhythm

Choose a rhythm that fits your season of life.

Ask yourself:

- When am I most alert?
- Where can I meet with God without distractions?
- What helps me focus?

Many people find it helpful to begin with a simple pattern:

Read

Spend time in Scripture.

Reflect

What is God teaching me?

Respond

Pray about what you've read.

Remember

Carry one truth with you throughout the day.

Removing Obstacles

Consider what might interrupt your devotional time.

- Turn off notifications.
- Keep your Bible nearby.
- Prepare your space the night before.
- Start with a realistic goal.
- Give yourself grace when life is busy.

Remember, missing one day doesn't mean you've failed.

Simply begin again tomorrow.

Reflection

1. What time of day allows you to focus best?
 2. What distractions do you need to remove?
 3. What simple rhythm could you commit to this week?
-

Weekly Challenge

Create a seven-day devotional schedule and follow it each day.

Prayer

Lord,

Help me make time with You a daily priority. Shape my schedule around what matters most and give me joy in meeting with You each day.

Amen.

Memory Verse

"Very early in the morning...Jesus got up...went off to a solitary place, where He prayed."

— Mark 1:35

LESSON 17 — APPLYING GOD'S WORD TO EVERYDAY LIFE

Theme

A growing disciple doesn't just hear God's Word—they live it.

Key Scriptures

- James 1:22–25
- Micah 6:8
- Matthew 7:24–27
- Colossians 3:17

Big Idea

True devotion is measured not only by what we learn, but by how we live.

Introduction

Knowledge alone doesn't transform lives.

Application does.

Jesus compared people who hear His words and obey them to someone building a house on solid rock. When storms came, that house stood firm because its foundation was secure.

Our devotional time should always move us toward action.

Each day, ask yourself:

- What is God teaching me?
- What needs to change in my life?
- How can I respond today?

Small acts of obedience lead to lasting transformation.

Living What You Learn

God's Word affects every part of life.

As you grow, you'll begin to notice changes in:

- Your relationships.
- Your attitudes.
- Your decisions.
- Your priorities.
- Your words.
- Your generosity.
- Your compassion.

Transformation often happens gradually.

Celebrate each step of growth.

A Daily Reflection Practice

At the end of each devotional, consider writing:

Today God showed me...

Today I will...

Today I will pray for...

These simple reflections help move biblical truth from your mind into your daily life.

Reflection

1. What truth from Scripture has recently challenged you?
 2. What step of obedience is God inviting you to take?
 3. How has your relationship with God changed during THE SPARK so far?
 4. In what areas do you see God transforming your heart?
-

Weekly Challenge

For seven days, write one practical action you will take because of your Bible reading, then intentionally live it out.

Prayer

Heavenly Father,

Thank You for speaking to me through Your Word. Help me become someone who not only hears Your truth but lives it. Give me the courage to obey, the humility to keep learning, and the joy of seeing You transform my life one day at a time.

In Jesus' name,

Amen.

Memory Verse

"Do not merely listen to the word, and so deceive yourselves. Do what it says."

— James 1:22

Module 6 Wrap-Up

Daily devotion is not another task to add to your schedule—it is the heartbeat of a growing relationship with God.

As you consistently make space for prayer, Scripture, worship, reflection, and obedience, you'll discover that spiritual growth is less about dramatic moments and more about faithful rhythms. Day after day, God shapes your character, strengthens your faith, and reminds you of His presence.

Remember, there is no perfect devotional routine. Some days will be rich with insight, while others may feel quiet. What matters is showing up with an open heart and trusting that God is at work, even when you don't immediately see the results.

As your personal relationship with God deepens, it naturally overflows into corporate worship and learning alongside other believers.

In **Module 7**, you'll discover how worship, biblical teaching, sermons, and Christian podcasts can encourage your faith, deepen your understanding of Scripture, and help you remain connected to the larger body of Christ as you continue your journey with Jesus.