

FAMILY--HOME--JOB NO TIME FOR GOD?

Meet Him in the Midst of Life

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*God doesn't want you to be guilty.
He wants you to be blessed.*

We all go through times when we feel overwhelmed, weighed down with responsibilities and burdened with the thought that we're doing nothing well. On top of that is the guilt and sense of loss because we haven't spent time with God, meeting Him in His Word.

God knows where you are, and He wants to meet you where you are when you can. So let's take a look at how you can meet with your extraordinary God during life's ordinary tasks.

ABOUT THE AUTHOR



Lisa Roettger has been there: homeschooling two children in northern Nigeria, running a home (without electricity and running water), while at the same time working as a linguist with Wycliffe Bible Translators. She thanks God for the training she has received from InterVarsity Christian Fellowship and Moody Bible Institute and many able Bible teachers. She has been blessed to share with others the riches of God's Word and methods for how they can mine those riches for themselves.

It all starts with *Prayer*

At the beginning of your day:

- *Praise God for who He is.
- *Thank Him for loving you as you are.
- *Ask Him to guide you as you meditate on His Word.

Choose a
verse from *His Word*

Choose a verse you know well,
or one new to you.

No idea where to start?

You may find one of these helpful:

*1 Peter 5:7

*Galatians 6:9

*Psalm 56:3

*1 John 1:9

Make it *Accessible*

Where can you display your verse?
Use the way that works best for you:

- *Write it on a note card & put it on your fridge.
- *Add it to your phone's notes app.
- *Do you have a smart speaker?
Add your verse as a reminder,
set to repeat throughout the day.

Meditate on your verse.

Think about it one word at a time.

*While you brush your teeth.

*While you wash dishes.

*While you're waiting in line
at the grocery store.

*While you're cooking dinner.

*Or doing laundry.

*Or vacuuming.

*Or...

Would you
like an

Example?

I Peter 5:7: "Cast all your anxiety on him because he cares for you" (NIV).

When I think about that first word *cast*, I think of throwing something far away. It's not just putting something down beside me where I can pick it up again.

When I've finished thinking about that first word, I move on to the next: *all*. What does that word suggest to you?

Keep Going

As you go about your day,
keep meditating on your verse
one word at a time.

Take your time.

Don't worry.

Don't rush.

Meditate on the same verse
for a day or a week.

However God leads you.

However your life allows.

Thank Him

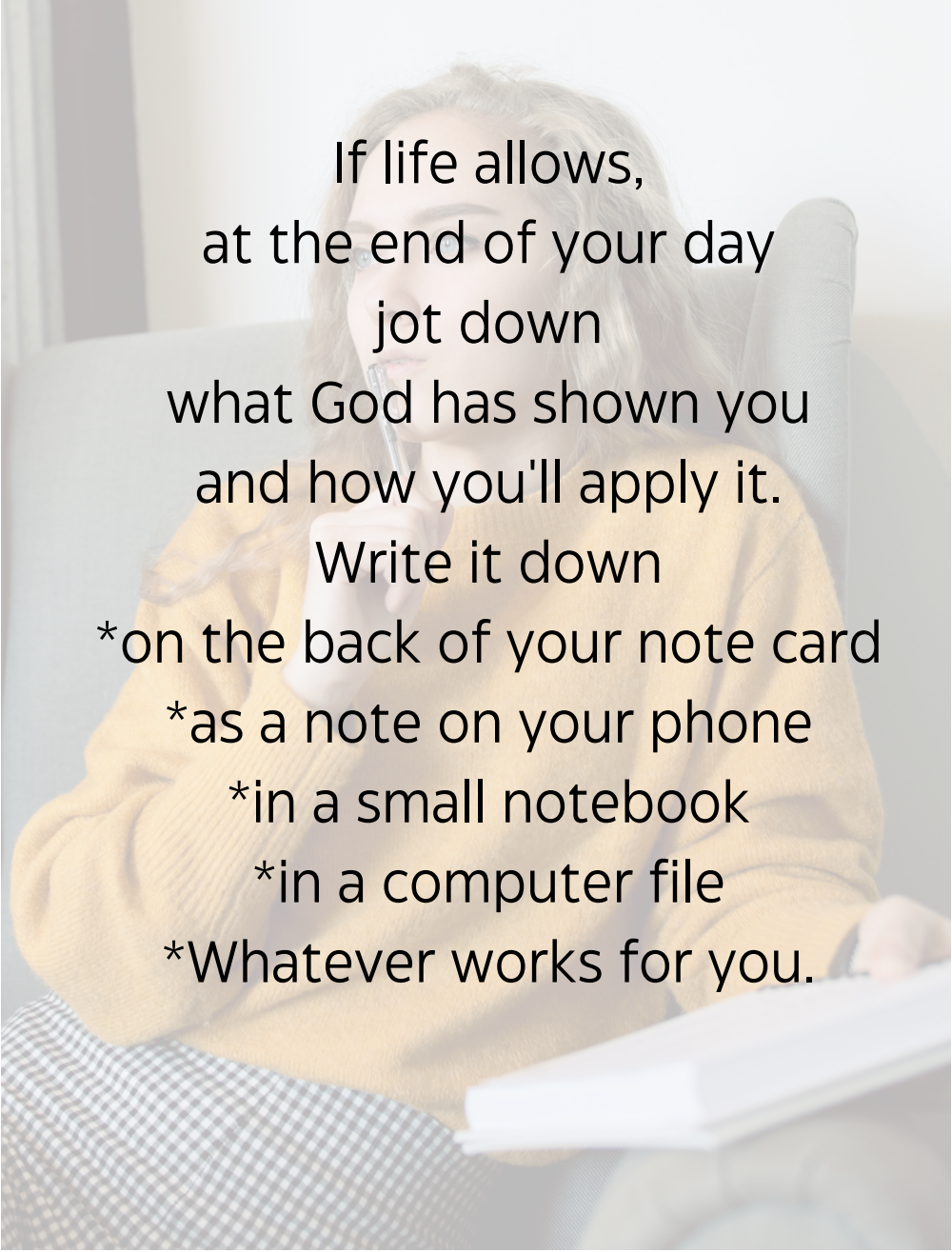
At the end of your day,

*Thank Him for what He's shown you.

*Share with Him what you've learned.

*Tell Him how you'll apply this
to your life.

If you can *Write*
something down.



If life allows,
at the end of your day
jot down
what God has shown you
and how you'll apply it.

Write it down

- *on the back of your note card
- *as a note on your phone
- *in a small notebook
- *in a computer file
- *Whatever works for you.

Want more?

Are you wanting to learn more
from God's Word?

Do you need refreshment?
Or do you need to hit "refresh"
in some area of your life?

Join me as I weekly delve into
a passage from the Bible
and explore the meaning of the passage
and its meaning for our lives.

SoulRefreshers.com