

Spiritually Hungry's

AT HOME WORKSHOP

HOW TO MAKE MORE
TIME
IN YOUR LIFE FOR
GOD



Hello and welcome!

We are so glad you decided to do this workshop! We hope that it's a rewarding experience for you!

Everything we do at SpirituallyHungry.com is to provide you with tools to connect deeper with God. That's our mission, because we strongly believe there is nothing more important than staying close to God's love and presence.

So thanks for signing up, and we're excited for you!

A Little Bit About Us

We are Alexis and Aaron, and we're the creators and writers of SpirituallyHungry.com. We are a married couple of 8+ years and have been best friends for 16+ years.

We're both professional Christian ministers and graduates of Denver Seminary, each holding Masters degrees in Christian areas of study.

Spiritually Hungry was birthed through lots - and lots - of prayer and conversation. We have had this venture on our hearts for years. Seriously...years!

We deeply believe that the work, ministry and life of Jesus Christ is making a profound impact in our world. We believe that Jesus changes everything. His love can radically change lives, as it has done, and is doing, for each of us.

And we want to share our perspective on having a relationship with God with you! That's why we created this site and are crafting these Workshops. We believe there are many, many, many ways to connect with God!

So that's what we're about. We want to help you connect to God in a way that fits you, and in ways that are creative, exciting and fun - because we believe our God is all of those things!

Opening Thoughts On Making Time For God

Do the following statements sound like you?

"I barely have time to read emails at work, much less the Bible."

"I'd love to be part of a group at my church, but it's at the same time as the kids' karate class."

"I usually forget to pray until bedtime, and then I just fall asleep!"

"I don't know if I've ever just sat down and spent some time solely reflecting on God."

Hey, we know you're crazy busy - but you also know that being connected to God is what your life really needs. In the back of your mind, you can imagine the peace of a deeper relationship with Jesus, the confidence to follow the directions God calls you, and the love of really knowing God is there, through the good and bad.

You can imagine a different sort of life, but the problem for you is --- when exactly are you going to find the time to devote to growing in your faith? That's why we put together this workshop - to help you begin making the first steps toward creating space in your life for spiritual growth and practice! This workshop will help you examine your present spiritual life with God, your usage of time, and help you discern how to start cultivating new habits of in your life that will create time and space for God.

This workbook is designed to be flowing and intuitive. We'll walk you through initial thoughts about the issue at hand, and help you progress to a place of reflection and determining real, next steps in your life.

We really hope this is an exciting time for you. One filled with rest, intrigue and most importantly an awareness of God's presence with you!

Enjoy!

Alexis and Aaron @Spirituallyhungry.com

Examining Your Present Life Situation

We each have unique lives, and many circumstances contribute to the make up of the schedule, focus and obligations of each day. It's very important to stop, take a moment, and honestly reflect on what your typical day looks like.

What does your normal day look and feel like? Use descriptive words to explain your day (i.e. hectic, stressful, monotonous, unpredictable).



New stages in life often force us to make sacrifices at our own expense. Perhaps you have you taken on responsibilities that have impacted your time.

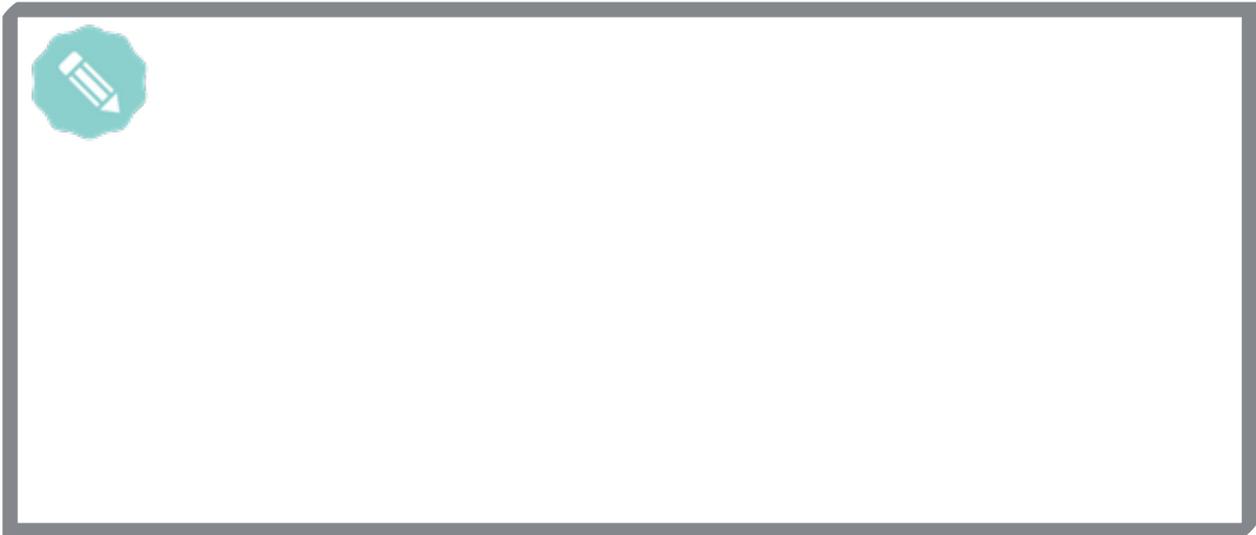
Was there ever a period in your life when you had more time to devote to God? What was your life, including spiritual life, like then?



Your Relationship With God Right Now

Understanding your emotions is essential for spiritual growth. This next question requires you to examine the feelings that arise when you consider the busyness of your life, and difficulty in making time for your relationship with God. You may not have thought about this question much before, but try to answer honestly, without self-judgment regarding your answer.

When you think about not having much time for your relationship with God as you'd like, how does that make you feel?



How we think about God is incredibly important. Do you see God as a loving father, or an angry judge? In your mind, does God have the best intentions for you, or is he waiting around for you to mess up? Take a moment and reflect on how you see God and your relationship with Him before answering the next, simple (yet complex!) question.

Who is God to you?



Sometimes it's helpful to consider an ideal scenario, and ask yourself what you'd do if all barriers were removed. Take a moment and imagine having all the time in the world to work on your relationship with God. If it helps, imagine a plausible real-life situation, such as having a day all to yourself to do whatever you wish, or taking a vacation. If you were afforded that opportunity, what would you do differently that would help you develop in your faith and relationship with God?

If you were suddenly gifted with more time for your relationship with God, what would you do with it?



Creating More Time In Your Life For God

It's often impossible to change unless we can really envision the rewards of achieving that transformation. Take a moment and reflect on the benefits of creating more space for God in your life - and what you hope might come from devoting more time to Him.

How do you envision your life changing if you create more time for God in your life?



Time is the rarest resource, because it is impossible to create more of it, and it is used up whether we like it or not. Sometimes the path to achieving a goal involves rearranging our use of time and creating more focus within our present life-situation.

Are there time wasters, or something that you could eliminate today, that would immediately create more time and space for God in your life?



Plan Of Action

And for your final section, we have provided you a list of practices that will help you find God's presence through out your day.

From the list of 6 practices below, please pick 3 practices that you can utilize in your life.

1. Practicing the Presence

Okay this one is a goodie!

The whole purpose of this spiritual practice is to help you walk with God no matter what you are doing, from washing dishes at home to sitting through a meeting at work.

And even better...it's super simple!

Practicing The Presence means keeping in mind that God is with you as you go about your day.

For example:

As you are embarking on your daily chores: keep God's presence in the forefront of your mind.

As you are commuting to and from work or school: keep God's presence in the forefront of your mind.

As you are watching your children: keep God's presence in the forefront of your mind.

As you are meeting up with your friends for coffee: keep God's presence in the forefront of your mind.

As you are studying for a test: keep God's presence in the forefront of your mind.

As you are watching TV: keep God's presence in the forefront of your mind.

As you are working at the office: keep God's presence in the fore front of your mind.

You got the idea! Just keep renewing/refreshing the reality over you throughout your day that God is with you!

Seriously, just give it a shot and see what happens to your mind, heart, and attitude as you try out Practicing The Presence for awhile.

2. Unplugging

This practice is about becoming unconnected to the world so you can connect to God. For a set period of time, i.e. 30 mins, 4 hours, a whole day etc., try to not use technology.

Simply turn off your cell phone. Don't use social media.

Keep the TV off.

Don't listen to the radio.

By shutting out the world, you can open yourself to the still quiet voice of God.

We are often over stimulated in our fast noisy world, but God very frequently speaks to us in the stillness and quietness of our inner being.

You can learn to tune your ears to His voice by shutting off distractions.

What's great about Unplugging is that you can do this in the midst of your routines and duties of the day.

It's another way to become open to God's presence among you and a way to respond to Him by saying, "I am listening, I am here. I don't want anything to distract me from hearing you."

Give Unplugging a try during your day, maybe for a whole day if you're courageous enough!

3. Centering Prayer

This is a prayer practice that requires you to simply focus on making yourself present with God. Begin by finding a comfortable place and focusing on the awareness of God's presence with you.

Simply be with God and rest in His love for you.

Focus on the reality that His love is overwhelming you, and try to allow yourself to experience it.

As you do, center yourself into this truth and awareness. If your thoughts should wander, simply relax your mind and try to center yourself back to the presence of God.

If you happen to fall asleep, don't beat yourself up - maybe sleep is what your weary soul needs. Just like a parent who loves having their child rest soundly in their arms, rest soundly in the Lord's.

This practice could be done in a less than a minute, so don't try to overextend yourself.

Start off slow and intentional understanding your limitations. Believe me, God will meet you where you are.

4. Breath Prayer

A breath prayer is a simple statement that you can use throughout the day to help you deal with your thoughts, stresses, and heart matter. Breath prayer allows you to focus on the prayer and God, and it's incredibly simple.

To begin, first breathe in air while saying a name or title for God such as:

Jesus

Father

Spirit

Creator

Healer

Redeemer

Then, slowly exhale out your concern or desire such as:

“Help me”

“Be with Me”

“Comfort Me”

For example, you might slowly breathe in the name “Jesus,” while thinking about Him and what He has to offer you. Then, you slowly exhale while saying, “Keep me close to You” and truly focus on releasing your concern into the loving arms of Jesus. Repeat this prayer as many times as needed.

5. Open Hands

Think about the issue in your life that is causing you anxiety. As you think about the stressor, use your hands to symbolize the frustration, allowing them to ball up into fists. Focus your anxiety to your hands and welcome God into your mind. As you do, slowly release your worries to God and slowly unclench your hands until you have to open palms.

This symbolic act is a prayer that helps release our anxiety to God. End the exercise with open hands that symbolize your willingness to trust God with your problems. Repeat this exercise as many times as needed to help align your heart and mind to God.

6. Prayer Throughout the Day

Being in connection with God throughout the day is a wonderful privilege Christians can participate in, but only if they are cognizant of God’s presence.

One way to become aware of God surrounding us is to pray throughout the day.

Here’s a helpful tip for practicing this:

Set an alarm or reminder on your phone to come up every waking hour (or at least with a regular frequency) to remind you to stop and pray for a moment.

Think about what you would like to bring before God, and let that be the focus in your prayers. You might focus on the stresses you are facing, or you might simply pray to understand more about God’s love for you.

Honestly, you can focus on anything of importance to you - the main point of this exercise is the discipline required to complete it. When that alarm or notification sounds, stop everything and focus on an awareness of God’s presence and speak with Him about what’s on your heart.

Now I understand you may not physically be able to stop everything, but in your inner being, you can. It is a discipline that takes time to master. But in the inner sanctuary of your mind, you can build a place where you and God can meet in the midst of life.

Try this for a day (or if you really want a spiritual challenge, maybe even a week) and see what happens when you attend to God in this organized way.

Finally - Come Up With Two Creative Practices Of Your Own

We challenge you to come up with 2 creative ways in your own life, can find ways to implement more intentionality with God

First, write the 3 practices you chose from the list we provided:

- 1.
- 2.
- 3.

Then, write the 2 practices you came up with:

- 1.
- 2.

Write Down Your Plan To Implement More Time And Space For You And God



Final Note

We hope that you had a good Workshop where you experienced and connected to God on a whole new level.

We at Spiritually Hungry have lots of ways to connect to God and for you to grow in your relationship with God.

- **Spiritually Hungry Challenges**

What would it look like if you devoted a period of time to working on a character trait or a discipline with God? Would your life change?

We believe so! By consciously working on attributes with God, we believe that your life will become different. Can you imagine if you took on more of God's character, how different things would be?

Some of our past Challenges include

Cultivating A More Thankful Heart

Living In Joy

Loving Your Spouse Through God's Definition Of Love

You can find all of our Challenges at spirituallyhungry.com/challenges

We also have support for Challenges:

• **Facebook Challenge Group**

In addition we have a Facebook group, Spiritually Hungry Challenges
<https://www.facebook.com/groups/1051266348352753/>

In our group, we come together and talk about the current Challenge and spiritual development. Being part of this group will also allow you access to bonus content such as devotionals, Christian encouragement and prayers.

• **Spiritually Hungry Take Home Retreats**

We also have other retreats available for you. We are just starting this venture as of 2017 and more will be added throughout the year. But for now, we have 2 take home retreats.

Self-Care Retreat

It is crafted for the person who gives, and gives, and gives some more. You need a break and some rest. It's time to take care of yourself with God, spend three days resting, relaxing and refueling with God.

Married Couple's Retreat

Designed for any married couple. The theme is discerning where God is calling your marriage. This retreat is simple and nonthreatening. Designed by both of us, to ensure both sexes would feel comfortable doing the retreat. We hope to help you take a small step in God's direction, moving from A to B, not A to Z. The retreat also has time during the weekend for you and your spouse to enjoy doing fun things together, of your choosing!

You can find our retreats at spirituallyhungry.com/retreats

Articles

Spiritually Hungry also has a lot of great posts on spiritual growth and development. We love to help people find ways to grow closer to God and one of those ways is through knowledge and truth.

Some of our top posts are:

How To Be The Light Of The World:

<http://spirituallyhungry.com/how-to-be-the-light-of-the-world/>

Why God Wouldn't Let Me Lose Weight:

<http://spirituallyhungry.com/weight-loss-with-god/>

20 Worship Songs For The Sad Heart:

<http://spirituallyhungry.com/20-worship-songs-for-depression/>

What To Think About Unanswered Prayers:

http://spirituallyhungry.com/unanswered_prayers/

Thank you again for participating and we hope we see you over at our website!