

# Devotional Life and Personal Growth

*Jim Downing*

## I. Introduction.

- A. A missionary is one who has learned to sink a well into divine resources and to draw nourishment when needed regardless of the circumstances.
- B. This is also the qualification of any Christian—but a river is a better image.
- C. The more people we have to provide for, the more trips we have to make to the water.
- D. Fruit is the overflow of the life of Christ. (John 15:16)
- E. The person who shares the life of Christ is fruitful.

## II. The devotional life is like a tree planted by the river. (Jeremiah 17:7,8)

### A. There are roots that connect us to Christ.

#### 1. The mind that is exercised through meditation on the word of God. (Psalm 1:3)

- a. This is rumination—a cow chews something up and stores it up for later.
- b. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it.
- c. We transfer the life of Christ into us in a similar manner. (Psalm 40:7; John 6)
- d. We have a conscious and a subconscious that we are to use for meditation.
  - 1) When the conscious goes to sleep, it transfers all its data to the subconscious.
  - 2) The problems or thoughts of the day are transferred over and it leaves the mind restless.
  - 3) The solution to this restlessness and using the mind for constant meditation is to reflect on Scripture before bed. The speaker asks God to speak to him through a Psalm before bed (e.g. Psalm 4).
  - 4) Instead of having a quiet time that starts in the morning only, take the last five minutes in your day to reflect on the Word. This will give you focus and rest throughout the day. (Proverbs 6:22)
  - 5) In the morning you will reinforce the thought God gave you the night before through the reading of other Psalms.

#### 2. The emotions exercised with communion or prayer. (Exodus 25:22)

- a. God tells Moses to get “hot” about him.
- b. This is communion—it is both intimate and emotional.
- c. Communion is engaging our hearts with the heart of God. (Jeremiah 31:12; 30:21)
  - 1) It is the alternating impact which produces a mutual pleasant result.
  - 2) It is not one way.
  - 3) God is the originator.
- d. The way that the Old Testament saints communed with God is a pattern of how the New Testament states are to commune with Him--tabernacle. (Hebrews 9:24)
  - 1) No two people can use the same approach.
  - 2) The speaker’s approach can be used as a pattern.
    - a) Christ dies without the gate, so we thank God that Christ died without the gate for us.
    - b) The priest could only make approach with sacrifice, so we are to remind ourselves of Christ’s once-for-all sacrifice. (Hebrews 10:10)
    - c) The laver is to remind us of confession because of defilement.
    - d) The golden candlesticks are to remind us to thank God that all the light we need is available today. (John 8:12)
    - e) The table of showbread reminds us that all the strength that we needed was available for that day.
    - f) The golden altar of incense reminds us that our prayers are fragrance to Him and we are to delight in that.
    - g) The Holy of Holies—we can thank Him for salvation.
    - h) We will worship Him and adore Him. (Psalm 100:4; 29)
      - i. Giving glory is not complicated—it is like congratulating a football player after a big play.
      - ii. When we rehearse God’s Person and work in His presence, we give Him glory. (Psalm 145)
    - i) We will tell Him that we love Him. (Psalm 18:1)

j) We present requests.

k) We recall the things that are real to Him and real to us. Time passes quickly when we are in this type of fellowship with God.

3. The will exercised in the midst of struggle—a decision making process. (Psalm 37:3)

a. Every reversal represents a choice which we make. (Romans 8:2)

1) There are two laws: the law of the Spirit and the law of sin.

2) Through an act of the will we move from one law to the other.

b. As a result of an act of obedience our soul is fed by God. (Proverbs 11:25)

c. All day long like the handmaiden who looked for her master's hands for servant signals we are given opportunities for obedience. (Psalm 123:2)

d. God watches over us day and night and He knows when our soul needs to be watered with the life of Christ. (Isaiah 27:3)

### III. Discussion.

A. Journaling is a great spiritual exercise (e.g. David).

B. A researcher found that a day is determined by the first fifteen minutes in the morning and the few minutes of the prior night before bed.

### Application questions.

1. What are the taproots of the soul? What practical hints did the speaker give for accessing these?

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2. How do the taproots overlap? How are they distinct? Explain.

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3. When do you spend your time with God? How do you spend it? What do you plan to do in light of this message that will change the way you practice intimacy with God?

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