

# Devotions for Teens

By Jessica FitzPatrick

How were your devotions today? What did you learn? Daily devotions are very important in the life of a believer. It allows you to talk to God and to sharpen your attentiveness for His voice. He loves to show you marvelous things in His word; thing you have never seen before. He wants to share His treasures with you. So . . . what riches did God give to you today?

Maybe you did not have your devotions this morning. Possibly you have never done devotions on your own before. What exactly is “devotions”? Well, let’s start with the definition of devotion; it means: (1) deep love and commitment (2) great dedication and loyalty (3) fervent spiritual feeling (4) the act of being devoted to a particular purpose.

According to this explanation, devotion is setting apart time (because of your great love and loyalty to God) to be in deep, fervent thought about the Lord. “I humbly beseech thee that I may find grace in thy sight, my lord, O King.” (2 Samuel 16:4b)

Why do we do devotions? We set aside time to reflect on God Himself and all He has done for us. Once we have tasted a bit of His glory, you will want to stay. Jesus willing died for you and me, should not we be willing to spend time with our savior. We should want to be with Him. He wants you to be consciously aware of Him. He wants you to want to spend time with Him. One way to spend time with Him is in your devotions.

You may be wondering, how do you a devotion? Or what do you do in devotion? A good place to start is with prayer. You can pray for and about anything. You can pray for your family; you are able to pray for yourself. You should also pray before you begin to read your Bible. Reading your Bible is another thing you could do in your devotions. God has put many

hidden surprises in His word that you have never seen before that He wants to show you! You will be amazed at what he will reveal if you will only ask him. It also helps to memorize the verse He brings to your attention. One more thing you can do as you're at the Throne of Grace is sing. Sing praises to God, I mean. God does not care if your voice sounds like rusty pair of pliers or if it sounds like a harp; they both are pleasing to Him when they are singing to Him (Psalm 59:16). There are a number of different hymns that have been written that help express various emotions that you may have.

What, why, and how; all that is left is when and where do you do your devotions. Well where is just about anywhere at all. Try to pick one specific spot to meet with God every day. Being in one place every day will allow you to remain focused. When is the best time for devotions? You will want a time where it is very quiet. The mornings are the better of the times not only because of its quietness but also because you don't have the pressures of the day on you yet (Psalm 88:13; Psalm 63:1; Psalm 5:3). Some like the evenings after all the work is done, but it is very hard to concentrate even in the quiet then. The Bible, however, does not give a specific time, day or night. You will find devotions being done at all times throughout the Bible (Isaiah 26:9). Remember God is with you at all times day and night. Once you decide on a time, you should stick to it. Consistency is very important to you and to God.

Once you begin your daily devotions, you will notice what a blessing this activity really is. So if you have never done devotions before, today is still here; Get started!! If on the other hand you do devotions already hopefully you will be encouraged to continually do them and maybe have learned something new today. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your

requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. (Philippians 4:6-7, 9)

Challenge Try having devotions for one full week (including Saturdays and Sundays at the same time) and then tell me what happened in your devotions, What God showed you and how you were blessed!!!  
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