

Baseline Method Devotional **By Dr. Bill Dogterom**

A few things to remember about devotional time:

1. Spiritual disciplines are not an end in themselves.
2. Disciplines are **cumulative** in their effectiveness; the goal is to build momentum.
3. This is about training, to build “reps” and establish habits.
4. You will not always “get a lot out of it.”
5. No shame or guilt if you forget - just start again.
6. Should take approximately 15-20 minutes a day, at least 4 days a week.

Baseline Method

Include the following elements:

A Psalm

Use the same one for each day. This is a “warm up” to get your time started. It is a great beginning of praise, thanksgiving, and opening up.

A paragraph from the Gospels

Please note: This is NOT a chapter. Mark or John are good starting points.

3-5 minute “Conversation” with God

Write a letter or imagine God sitting in a chair opposite of you. Tell Him what’s going on in your life. Avoid “asking” for things.

3-5 minutes of mindful silence

Listening and waiting on God to speak. Consider using the centering prayer app for timing.

A paragraph of reflection

Journal about what has surfaced in your reading, conversation, or silence.

Receive His gift and give thanksgiving

Breathe in and receive the gift He offers today. Breathe out and give thanksgiving to God.

As you “mature” in your devotional journey, consider the following:

- Create moments of awareness at other times in your day, allowing space to recognize God’s nearness throughout our lives.
- Consider adding more time/paragraphs etc. to your elements.
- Add in additional readings, prayers of thanksgiving or even worship.
- Make space for a Sabbath in your schedule.