MINIMIZE

A Biblical Message by Stephanie Smith

Key Scripture: Luke 10:38–42

Question: **Do you minimize your time with God to have more time for yourself in the world?**

To minimize something means to reduce it or treat it as less important. Sometimes we do this with our relationship with God without realizing it. We shorten our prayers, put off reading Scripture, and promise we will spend time with Him later. Yet somehow, we find time to scroll, watch another show, or do whatever we feel like doing.

Has God been receiving only the time you have left over?

In Luke 10:38–42, Martha welcomed Jesus into her home but became distracted with serving. Mary sat at His feet, listening to His teaching. When Martha complained, Jesus gently addressed her worry and distraction and affirmed Mary's choice to listen.

Martha's service had value. The problem was allowing the demands of serving to pull her attention away from the One she was serving. Even good responsibilities can distract us from listening to Jesus.

We can fill our schedules with so many things that we leave little room for the Lord who gives us life.

Rest, family time, and wholesome enjoyment are gifts we can receive with gratitude. But we need to examine our priorities when entertainment consistently receives our attention while prayer and Scripture are repeatedly postponed.

What we consistently make room for reveals what we are choosing to prioritize.

Jesus taught in John 15:4–5 that His disciples must abide in Him. A branch bears fruit through its connection to the vine. In the same

way, our spiritual lives depend on Christ. We need His truth, His strength, and His grace throughout our days.

Brothers and Sisters, spending time with God is a response to His love. We do not earn His love by counting minutes of prayer. We come because Jesus has made the way for us to draw near.

Start today with a few intentional choices:

- Open your Bible before opening social media.
- Set aside time to pray with your distractions put away.
- Carry one Scripture into your day and put it into practice.
- Ask God to reveal anything that is repeatedly taking His place in your priorities.

Wisdom nugget: A full schedule does not always mean a fruitful life. Make room to listen to Jesus.

If you recognize that you have pushed God to the edges of your day, come to Him honestly. You can repent, receive His grace, and begin again today.

Reflection: What could I give less attention to so I can give God more of my attention?

Guided Prayer:
Father, forgive me for the times I have made room for everything while neglecting time with You. Help me recognize distractions and reorder my priorities. Give me a hunger for Your Word and a heart that listens and obeys. Teach me to walk with Jesus throughout my day. In Jesus' name, amen.

8 Ways to Create Time for God and Reading His Word

Bible Besties, making time for God begins with intentional choices. Small, faithful steps can help us build a daily habit of reading His Word and walking with Him.

1. **Begin your day with God.**
   Before checking messages or social media, spend a few minutes praying and reading Scripture. Keep your Bible beside your morning tea/Coffee as a reminder.
2. **Schedule time for His Word.**
   Choose a realistic time each day and put it on your calendar. Give that time your attention and protect it from unnecessary interruptions.
3. **Trade some screen time for Scripture.**
   Use ten or fifteen minutes you would normally spend scrolling or watching television to read a passage and reflect on its meaning.
4. **Keep your Bible within reach.**
   Place your Bible where you regularly sit, or keep a Bible app ready on your phone. Make reading Scripture an easy choice during a quiet moment.
5. **Listen to Scripture during everyday tasks.**
   Play an audio Bible while folding laundry, preparing meals, or commuting. Return to a passage later when you can give it your full attention.
6. **Use a break to reconnect with God.**
   Spend part of your lunch break reading a short passage. Ask, “What does this teach me about God, and how should I respond?”
7. **Read with someone you love.**
   Set aside time with your spouse, children, a friend, or a Bible Bestie. Read a passage together, discuss it, and pray about what you have learned.

8. **End your day in the Word.**
   Put your phone aside a little earlier and read before bed. Thank God for His faithfulness and consider how you can put what you read into practice.

Remember: The goal is to know God more deeply and live out His Word. Start with a consistent time you can maintain, read thoughtfully, and let that habit grow.

Scripture focus: Psalm 119:105; James 1:22.



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