

How to Get Closer to God

A one-page guide from “God and Me” by Steven O’Donoghue

“Ask and you will receive, seek and you will find, knock and the door will be opened to you.” — Matthew 7:7

1. Give God Your Attention

It is far simpler than you think: **attention**. Give Him your attention and He will give you His. Where you place your attention is where you place your energy — so place it on God first, before the world places it elsewhere. Seek first the Kingdom of God, and all these things will be added to you.

“But seek first the kingdom of God and his righteousness...” — Matthew 6:33

2. Pray Your Way In, Pray Your Way Out

Morning: pray before leaving your bed — this is your entry into His Kingdom. **During the day:** pray yourself out of negative emotional states; give up five minutes to seek God and He will reset your heart. **Evening:** pray before sleep with gratitude, even for something small. Your connection to Jesus cannot be overstimulated — He never turns you away or runs dry.

3. Get Into the Word — Faith Comes by Hearing

Faith comes by hearing the Word of God. Open your Bible daily (the Gospel of John is a beautiful place to start). The more you sit in God’s Word, the greater its potency — aligning you to your true north and calling you home. God’s Word is the water, air and sunlight that lets the seed within you grow.

“Give your hearts to teaching, and your ears to the words of knowledge.” — Proverbs 23:12

4. Seek and Connect (Heart Technique)

Sit quietly and place your hand on the centre of your chest. Close your eyes. Breathe in for 5 seconds, out for 5 seconds, in rhythm. Imagine each breath flowing in and out through your heart. As you relax, speak to God — tell Him things, ask Him anything. Feel His warm, loving embrace. Make this your daily connection point.

5. Move in Faith — Take Action

Faith without works is dead. When God nudges you, obey and take action — little steps into the unknown. Keep your eyes on Jesus, not the wind and waves around you (remember Peter on the water). Walk by faith and not by sight, and let God’s Will lead instead of your own.

“O man of little faith, why were you in doubt?” — Matthew 14:31

6. Surrender Your Will — Grow the Fruits

Hand your “free will” back to God and let Him take the rope. Say NO to the distractions of the flesh, and YES to His Will. As He leads, the fruits of the Spirit grow naturally within you: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control**. Anxiety is replaced with peace; fear is replaced with self-control. This is the hidden treasure within you.

“The kingdom of heaven is like a secret store of wealth in a field...” — Matthew 13:44

Remember: God is good and God is gracious. You will make mistakes — His grace is the safety net that sets you back on course, every time.

“I am the way, and the truth, and the life.” — John 14:6 • stevenministries.com