

# 15 Simple Activities



## TO HELP YOU CONNECT WITH GOD

Do you wish to cultivate a closer relationship with God? Are you interested in creating habits that allow you to connect with Him, see more of His character, and help you put your trust in Him?

If so, then I truly hope some of these activity ideas provide some starting points.

Read through them and see which ones speak to you. We're all designed differently, so you can expect some ideas will really pique your interest while others may never sound helpful. That's ok. God created you and knows how you tick. Most likely, He will show up to you in your strengths.

Are you musically inclined? Love nature? Enjoy words? Are you an athlete? An artist? I bet you'll find Him there.

You'll notice the ideas surround prayer, gratitude, the Bible, letting go, focusing on others, being still, and worshipping. I hope by incorporating some of these, you'll be more tuned in to simple activities that can help you refocus on Him.

Try one or two a week – and maybe even consider some that seem outside your comfort zone. Who knows? You may find an activity that really connects you to Him that you never would've considered before.

## Here you go!

### 1. Read His Word.



This is #1 because so many people skip this important step. I've heard my pastor say, "If you want to feel closer to God, read the Bible." The Bible tells us what God has said and what He has done. They are literally His words to us! When you want to get to know someone better, you spend time with them. That's what reading the Word does - helps us know Him! If you're new to reading the Bible or it's been a while, I'd recommend starting in the gospels - Matthew, Mark, Luke, or John!

~2 Timothy 3:16 "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness." ~

## 2. Memorize verses that are important to you.



If you go to bible.com on a computer or download the You Version app on a mobile device, you'll have access to the entire Bible and a search bar in order to find verses that can give hope. For example, type in "fear" and you'll find so many verses that empower you in regards to that. Worry, anxiety, anger, hope, peace, joy, etc are others with a big return. I would encourage you to write down a verse (or verses) that speaks to you and try to put it to memory. Maybe 1 verse/week? Here are three of my favorites:

2 Corinthians 12:9 - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

† John 15: 5 - "I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing." (John 15 is all really good!)

† Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Find verses that speak to you and recite them daily!

## 3. Use your drive time!



Next time you're driving to work or picking up the kids, you can have the Bible read TO you so you're in God's Word daily! The You Version Bible App is free and will read the Bible out loud to you, as well as different reading plans that focus on specific areas, topics, books of the Bible, etc. and prayers.

## 4. Show gratitude for your body and health.



We only get one body and one that God designed and knit together in your mother's womb (Psalm 139: 13-14)! The next time you exercise, instead of filling your head with thoughts like, "This is hard. I just want to stop!" consider saying thank you for your body. "Thank you that I'm healthy enough to exercise. Thank you for my legs, which allow me to walk/run. Thank you for creating this outlet that clears my mind and makes my body feel good." etc. Feel free to use this [WORKOUT AND WORSHIP](#) playlist while working out to help you focus on Him!

## 5. Bless others.

Hold a busy door open for people and as they pass you, imagine how much they are loved and worthy. Say in your head, "God loves you so much." Don't forget to say that to yourself as well. Reflect on how this experience gives you a glimpse into God's character. Choose to do a few random acts of kindness a day to focus on others and make them feel noticed and loved.

~We love because he first loved us. 1 John 4: 19. ~

## 6. Let God into all of your worries.



So often we have hundreds of worries going through our head. Make a list of them. All of them. Take a second to pray and ask God to take the burden from you. Listen for what He may tell you about those worries. BONUS! Copy down Matthew 6: 25-27 and recite it every day or multiple times a day.

## 7. Listen to worship music and be still OR sing your favorite worship song.



This one is for all of you music lovers out there. Pick a relaxing song and BE STILL. Sit in your favorite comfy chair, sit on your deck – heck, sit in the rocking chair in your kid's room while you hold them if you need to. Just listen to the music, pray the lyrics, or just start talking to God. He doesn't care what you sound like; only that you're reaching out to Him.

Sometimes being still and listening is best; sometimes listening and singing is best.

Worshiping God allows us to feel a sense of awe and wonder over who He is, His great love for us, and what He's done for us. It grounds us in Him. You can find my worship songs playlist on Spotify [HERE](#), and you are more than welcome to follow the playlist so it's saved for you to come back to later.

## 8. No negativity allowed!



So often I find myself complaining over blessings. "Do I really have to do laundry AGAIN? How are there MORE dishes in the sink?" What we're really saying is these blessings have become burdens - because we have forgotten. We've forgotten God has blessed us with these things. The enemy wants us to complain over them instead of saying thank you so we don't remember God's provision! So instead, say try saying thank you for your food, clothing, having money to enjoy those luxuries, your kids – man, our kids can sometimes drive us crazy, but aren't we so extremely blessed to have them? When you start complaining, stop yourself, tell God you're sorry, and ask Him to change your heart toward those things.

~ Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5: 16-18 ~

## 9. Pray over your day.



What do you have scheduled tomorrow? What activities do you have planned? Who will you interact with? Pray for each appointment and person that's on your list.

## 10. Disconnect.



This can be a hard one in our tech-filled world. Think of all the different types of technology you use in a day from email to Facebook to Candy Crush. Are you a little too connected to any of those perhaps? Do any of them distract you from what's in front of you? Or eat up more time than you'd like? Or keep you from connecting with your true Source of power? Choose one type of tech and disconnect for a day. If a whole day seems way too hard at first, choose an hour block here and there and spend some of that time with God

## 11. Write God a letter or journal.



Write out what's on your heart. What you're grateful for, what you're sad about, where you need His help, etc. He already knows but by taking the time to do this, you're INVOLVING God and the relationship can be built. Seeing the things you want written down and saying them out loud can do so much! Expect Him to move things on your account.

## 12. Go into silent mode.



This one is opposite of #3, but different days call for different methods. Are you the kind of person who always has music on in the car or a podcast playing? What if you tried turning it all off on your morning commute and instead talked to God about what's on your heart. Ask Him to guide your thoughts or bring people to mind who you should pray for. Or simply tell Him you want to feel closer to Him and to help you to feel His presence.

## 13. Draw your way to Him.



Is art your thing? Consider drawing your favorite landscape and letting your mind wander to prayer as you draw/paint. Thank Him for the beauty He's created, and that He's blessed you with the ability to interpret that through art. Or maybe you simply like to color in the coloring books for adults with the intricate designs. Take time to pray while you color.

## 14. Photograph the beauty in the world or simply be on the lookout for it.



To be honest, there are a lot of awful things in this world that can bring us down or even question our belief in God. But there is still a lot of beauty and miracles in this world if your eyes are open to it. If you love to take pictures or if you simply have a camera phone with you everywhere you go, be on a constant scavenger hunt for the beautiful things He's put on this earth for us to enjoy. Thank Him for each of those things and maybe even create some sort of collage with your pictures so when you look at it going forward, you'll be reminded of God's beauty. Or simply be on the lookout. So often we are too busy to notice the wonderful gifts God places in our lives every day. You can also look for the little things that bring you joy - leaves on the trees, birds singing, a beautiful sky, the warm sun on your face, a cool breeze, blooming flowers. Maybe it's the company you're in. Tell God how thankful you are for all of these things.

## 15. Go for a walk with a purpose.



I love to be efficient, so this one involves both movement AND time with God. Before you start your walk, consider picking up some rocks and putting them in your pocket. While you walk, pull out a rock and pray over a certain problem that's weighing you down. Once you've prayed over it, drop it on the ground as a symbol of you releasing that problem to Him and taking the weight off you.

*And there you have it!*

15 simple activities to help you grow you toward a closer relationship with God.

Feel free to share this with a friend!