



# Foundations of Transformation – Lesson #8

## The Devotional Life

### A. The Devotional Life

1. What are devotions?
  - a) Time in God's Word
  - b) Meditating on the Word and reflecting
  - c) Prayer
  - d) A specific time to focus on the Lord
3. When is devotion time?
4. The priority of devotion time
5. Dangers to avoid with devotion time