

INSTRUCTIONS

We encourage you to find a private place to spend the first 25-40 minutes of your day *Seeing Jesus in Solitude*.

It is, of course, ok if you are not able to set aside this much time.

We set aside this time to enjoy God's love, not earn it.

Choose a location that will promote emotional and relational authenticity with the Lord. Leave electronic devices (and other distractions) behind. Bring a Bible, a pen, your *Seeing Jesus Together* Journal (and coffee).

Utilize one of the Journaling Guides in the next section to follow the steps below to *See Jesus in Solitude*.

1. CONNECT with your Heart. (3-5 minutes)

- Relax, Breathe and Ask the Holy Spirit, "What am I feeling and Why?"
- Reflect on the Spirit's promptings.
(Use an Emotions Wheel if helpful. See Appendix 3 for an example.)
- Write down how you are experiencing the circumstances of your life.

2. SURRENDER through Prayer. (2-3 minutes)

- Express to the Lord what you are feeling.
- Submit to the Lord and His Living and Active Word.
- Confess your dependence upon the Lord for understanding and faith.
- Ask the Lord to plant Seeds in your heart that will later bear fruit.
- Ask the Lord to lead you to a portion of Scripture to meditate upon.

3. LISTEN to the Scriptures. (5-10 minutes)

- Slowly read (listen to) the Chapter(s) one or two times.
- Notice the ideas or portions of the Chapter(s) that impact you.
- Resist the urge to fixate on or become frustrated by the portions that are confusing to you.

4. MEDITATE on a portion of Scripture. (5-10 minutes)

- Write down the reference of the portion you will focus on.
- Slowly read the portion over and over.
- If the portion is short enough, write it out on the lines provided.
- Write down the Biblical Truths that the Spirit is teaching you.
- Write down how this portion of Scripture tells you about the Gospel (the Saving Work of Jesus) and/or creates a need for the Gospel.
- Note the circumstances of your life that make this Scripture impactful.

5. PRAY through your Pen. (5 minutes)

- Move beyond a mental exercise and pursue intimacy with the Lord by praying through A.C.T.S. after meditating on the Scriptures.
- Either take notes to pray through in your heart or write a prayer from your heart in each section of the A.C.T.S. Grid.

Adoration - Praise the Father for His Attributes and Actions

- What do the Chapter(s) from the Reading Schedule and/or the Portion of Scripture you meditated upon tell you about God?
- Adore God for Who He Is and what He Does.

Confession - Acknowledge your Sinfulness, Folly and Limitations

- What do the Chapter(s) and/or Portion of Scripture you meditated upon tell you about who you were and are apart from Jesus?
- Confess your ongoing need for a Gracious and Merciful Savior.

Thanksgiving - Thank Jesus for His Past, Present and Future Salvation

- How do the Chapter(s) and/or Portion you meditated upon tell you about or create a need for the Saving Work of Jesus?
- Thank Jesus for saving us from the Penalty, Power & Presence of Sin.

Supplication - Ask the Spirit to transform you in particular ways

- How did the Chapter(s) and/or Portion you meditated upon cause you to yearn for the Spirit to transform you into the image of Jesus?
- Beg the Spirit to renew you into the likeness of Christ.

6. DISCERN "Next Steps." (3-5 minutes)

- Relax, Breathe & Ask the Holy Spirit for "Next Steps" in your Journey.
- Reflect on the Spirit's promptings while Thinking Biblically.
- Write down your "Next Steps" in the space provided.
- Confess where you will be tempted to not take these steps.
- Ask the Spirit for the faith, courage & opportunity to take these steps.

7. SHARE with Gospel Community. (2 minutes)

- Craft a sentence or two that you can share with Gospel community.
- Include an appropriate summary of what you are feeling and why.
- Express why you need and are grateful for the Saving Work of Jesus.
- Share the "Next Steps" you feel led to take today as you walk in faith.