



DRAW NEAR TO GOD

EXPERIENCING HEALING AND TRANSFORMATION IN THE PRESENCE OF GOD

"We should carefully study the Bible, asking God for the aid of the Holy Spirit, that we may understand His word. We should take **one verse** and concentrate the mind on the task of ascertaining the thought which God has put in **that verse** for us. We should dwell upon the thought until it becomes our own, and we know 'what saith the Lord.'"

Desire of Ages, p. 390

STEP ONE

- Spend some time praising and loving God for who He is. (music, singing, etc.)
- Consider ways in which you have grieved God and others, seek repentance & forgiveness.

STEP TWO

- Pray for the Holy Spirit presence/guidance as you read God's word and as you journal.

STEP THREE

- Choose ONE or TWO passages of Scripture to read and reflect on it.
- After reading and reflecting, answer the following questions in your journal:
 - Father, what are you saying to me in this passage?
 - How does this passage touch or challenges my life?
 - What is the invitation I receive from this passage?

STEP FOUR (at the end of the day or the following day)

- Reflect on one or two ways you experience God's presence this day or the day before.
- Thank God and celebrate what went well.
- Write what you learned from this day or the day before and how this experience will make you a better person.



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JOURNALING THE SCRIPTURES

DATE:

TIME:

PLACE:

STEP THREE

- PSALM 23:3 "...He Restores My Soul..."
- After reading and reflecting on this portion of Psalm 23:3 answer the following questions:
 - Father, what are you saying to me in this passage?
 - How does this passage touch or challenges my life?
 - What is the invitation I receive from this passage?

STEP THREE

- Choose ONE or TWO passages at a time from PSALM 139
- After reading and reflecting on each passage chosen, answer the following questions:
 - Father, what are you saying to me in this passage?
 - How does this passage touch or challenges my life?
 - What is the invitation I receive from this passage?