

# **Pursuing God**

## **A Seminar On**

### **Getting To Know God**

**Week 1 – Developing A Quality, Daily Quiet Time**

**Week 2 – Practicing The Presence Of God Throughout The Day**

**Week 3 – How To Spend An Extended Time With God**

**Week 4 – The Purpose And Power Of Fasting**

# **Week One**

## **“DEVELOPING A QUALITY QUIET TIME”**

# Developing A Quality Quiet Time - Worksheet

## Pursuing God Seminar

Godly Examples Of People Pursuing God Through Personal Devotions:

Mary – Read Luke 10:38-42

What was the “better thing” that Jesus commended Mary for choosing?

Why do you think Mary couldn't be taken away from her devotion to the Lord?

What are some things that distract and divert you from spending time with the Lord?

David – Read Psalm 5:1-3

What characterized David's Quiet Time from this passage?

What do you sense was his passion and state of heart?

Moses – Read Exodus 33:7-11

What can we learn about personal devotions from Moses' example?

# Developing a Quality Quiet Time – Workshop

- 1) What Is A Quiet Time/Personal Devotions?
- 2) What Are The Mechanics Or Elements Of a Good Quiet Time:
  - a. )
  - b. )
  - c. )
- 3) When Is The Best Time To Have Quiet Time?
- 4) Where Should I Have a Quiet Time?
- 5) How Much Time Should I Take For Personal Devotions?
- 6) How Do I Hear From The Lord?
  - a. ) “Logos”
  - b. ) “Rhema”
- 7) What Should I Talk To The Lord About?
- 8) How Do I Apply What I Learn?  
Journaling

\*\*\*Homework for next week: Journal your Quiet Times for the next week and bring them with to the next meeting.

# Developing a Quality Quiet Time – Workshop

## Passages On “Seeking God”

### Old Testament:

Genesis 5:24; 12:4,8

Deuteronomy 4:29

I Kings 22:5

I Chronicles 16:10-11; 22:19; 28:8-9

II Chronicles 7:14; 11:16; 12:14; 14:4; 15:2, 12-13; 19:3; 20:3-4; 30:19; 31:21; 34:3

Ezra 4:2; 6:21; 7:10

Psalms 9:10; 10:4; 34:10; 78:34; 105:4; 119:2, 10

Isaiah 31:1; 58:2

Jeremiah 29:13

Hosea 5:15; 10:12

Zephaniah 2:3

### New Testament:

Matthew 6:33; 7:7

Acts 17:27

Hebrews 11:6

# Developing a Quality Quiet Time – Workshop

## Personal Prayer Plan

*Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18*

Here is a plan for beginning your day with the Lord in prayer. The principles are simple, but crucial.

1. **Praise** – Begin with acknowledging the greatness of God. Remember *one* specific thing about God's greatness. You're going to do this every day for the rest of your life, so don't exhaust yourself trying to list all of His attributes. Write it down.
2. **Thanks** – What one thing, person, or event are you most thankful for that morning? Write it down.
3. **Guidance** – Talk through your whole day with Jesus. Pull out your calendar and be very specific. He goes before you to prepare the way, comes behind you to clean up and is there with you all the time in between.
4. **Dedication** – Every day, verbalize anew your commitment to Him. Acknowledge His lordship in your life. Record your statement.
5. **Intercession** – This is a time to pray specifically for your family, friends, etc. Keep a list.
6. **Petition** – Jesus says, "Ask and it shall be given to you" ( Matthew 7:7 ). What do you want or need? He is a loving Father who delights in giving to His children. Write down your one petition.
7. **Meditation** – We Christians are almost never really quiet. We know little of solitude. Take a few minutes and just be quiet – invite the Lord to bring something specific to mind as you listen to Him. Write down what you learned from that quiet moment with Him.

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# Week Two

**“PRACTICING THE  
PRESENCE OF *GOD*  
THROUGHOUT THE DAY”**

# **Practicing The Presence of God Throughout The Day – Worksheet**

## **Pursuing God Seminar**

Read Genesis 5:24

What do you think it means to walk with God?

Read Deuteronomy 31:6; Matthew 28:20; Hebrews 13:5

What has God promised to believers down through history?

Why is this knowledge vital to our daily being aware of God's presence?

Read Joshua 1:8; Psalm 1:2-3

Why do you think meditation is necessary in putting God's Word into practice in our lives?

What are some of the benefits of meditating on God's Word?



# Practicing The Presence of God Throughout The Day – Worksheet

1. Understanding The Promise of God. **Hebrews 13:5**

2. A Matter Of Attitude And Devotion:

a. Why Do I Do What I Do?

**I Corinthians 10:31**

**Colossians 3:17**

3. A Matter Of Controlling Our Thoughts:

a. What is Meditation:

**Psalms 19:14; 119:15, 78, 97, 99**

**II Corinthians 10:5**

b. How Do I Meditate?

c. How Do I Meditate At Night?

**Joshua 1:8**

**Psalms 1:2; 63:6; 119:148**

**Proverbs 6:22**

# **Week Three**

## **“Spending Extended Time With God”**

# **Spending Extended Time With God**

## **Worksheet**

### **Pursuing God Seminar**

Answer the following questions about the passages below:

What was the purpose of the spiritual retreat?

What did they do during it?

Any other observations?

**Deuteronomy 9:7-29**

**Nehemiah 1:3-11**

**Daniel 9:1-4; 20-23**

**Mark 6:30-33**

# Spending Extended Time With God

## Worksheet

### Pursuing God Seminar

1. Why Should I Spend Extended Time With God?

a.

b.

c.

d.

e.

f.

2. How Much Time Do I Need To Make?

3. Where Should I Go?

a.

b.

c.

4. What Should I Bring?

Bible

Notebook/ Journal & Pen

Lunch? Fast?/ Something to Drink

Song Book/ Hymnal

Tape/CD Player – Worship Music

Clothes Appropriate To Conditions

# Spending Extended Time With God

## Worksheet

### Pursuing God Seminar

5. What Do I Do During The Time?

#### A Structure For A Spiritual Retreat

##### A Four Hour Retreat

15 min	Silent Listening
30 min	Praise, Thanks, Singing, Worship
1 hour	Read Long Passage Of Scripture Related To Your Purpose
30 min	Rest/ Sleep
30 min	Journal And Write What God Is Impressing On Your Heart
30 min	Take A Walk
30 min	Prayer & Intercession
15 min	Silent Listening

##### An Eight Hour Retreat

30 min	Silent Listening
1 hour	Praise, Thanks, Singing, Worship
1 hour	Read Long Passage Of Scripture Related to Your Purpose
30 min	Rest/Sleep
30 min	Journal and Write What God Is Impressing On Your Heart
1 hour	Take A Long Walk
1 hour	Read A Book On A Topic Of Interest
1 hour	Prayer & Intercession
30 min	Read in Psalms & Proverbs
30 min	Ask God for Direction/Journal
30 min	Silent Listening

**Homework:** In the next week, schedule a time and take a four or eight hour spiritual retreat

# **Week Four**

## **“The Purpose and Power Of Fasting”**

# **The Power And Purpose Of Fasting**

## **Worksheet**

### **Pursuing God Seminar**

**Read Isaiah 58:3-12**

How can fasting be used in a wrong way?

What are some reasons God says that we should fast?

What are some of the benefits that result from fasting?

**Read Luke 4:1-14**

What were some of Jesus' experiences while fasting?

What were the results of his fast?

# The Power And Purpose Of Fasting

## Worksheet

### Pursuing God Seminar

- I. Scriptural Basis For Fasting:  
Matthew 6:2, 5, 16

Matthew 9:15

Acts 13:2

2. Purposes For Fasting:

a)

b)

c)

d)

e)

f)

g)

h)

3. Different Kinds of Fasts:

a) Normal – Matthew 4:2

b) Absolute – Ezra 10:6; Esther 4:16; Acts 9:9; Exodus 34:28

c) Special – Daniel 10:3; Daniel 1:15



# **The Power And Purpose Of Fasting Worksheet**

## **Pursuing God Seminar**

4. Who Should Not Fast?

5. Practical Considerations

a) How to begin a Fast?

b) How long should I Fast?

c) How should I break a Fast?

6. Side-Effects of Fasting

a) Headaches

b) Hunger

c) Weight Loss

d) Tired/Lack of Energy

e) Cold

f) Bowels

g) Bad Breath

**ASSIGNMENT: Schedule a Fast and Do it.**

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*References to fasting in Scripture, whether full or partial, are given in order, and where the Scripture has been touched upon in this book the page number is given.*

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