

Pursuit Mini Retreat

March 14, 2020

Inside the Tent of Meeting, the LORD would speak to Moses face to face, as one speaks to a friend.

-Exodus 33:11

Pursuit #1 The Prayer Hand

It's healthy to speak to God throughout the day just as we would with any other important person in our lives. People with good relationships often set time aside to speak about specific aspects of their relationship and lives. The Prayer Hand is a tool that can help us remember to speak to God about what is important and not just the latest emergency in our lives.

I would like to encourage you to **Pray out loud.** (Not super-loud, just out-loud.) Why?

- It forces you to slow down to a relational pace
 - You can think faster than you can speak.
- Keeps your mind from wandering.
- It allows you to hear what your own heart/mind is saying.

We utilize the human hand to help us remember what we are going to talk to God about.

- Thumb – Praise
- Pointer – Thanksgiving
- Middle – Confession
- Ring – Other People
- Pinky – Self

Go for it! Use the prayer hand to help you talk to God about what is important.

Praise (Thumb)

- Telling God who he is
- Psalms 9:1 “I will praise you, Lord with all my heart; I will tell of all the marvelous things you have done.”
 - He deserves it.

- I remember who I am talking to and what He is capable of doing.

Take some time to praise God and tell Him who He is.

Thanks (Pointer)

- Psalms 75:1 “We thank you, O God! We give thanks because you are near. People everywhere tell of your wonderful deeds.”
 - I am changed as I thank Him.
 - Grateful Heart
 - Encouraged
 - Reminds me of what God has done in the past.

Take some time to thank God.

Confess (Middle)

- Psalms 26:2 “Put me on trial, Lord, and cross-examine me. Test my motives and my heart.”
 - Why?
 - “And even when you ask, you don’t get it because your motives are all wrong—you want only what will give you pleasure.” James 4:3
- 1 John 1:9 “But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”
 - Keeps the “drain” cleared between us and God.
 - Invitation for God to change us.

Take some time asking God to reveal sin in your own life, confess known sin and ask Him for forgiveness.

Other People (Ring)

- Philippians 1:19 “*For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance.*”
 - Paul is asking the believers in Philippi to pray for him.
- What do you want God to do in the lives of others?
 - Salvation?
 - Healing?

- Help?
- Encouragement?

Take some time lifting up the needs of others to God.

Myself (Pinky)

- “Give us each day the food we need” Luke 11:3
 - What do you really want? Loose the religious jargon and talk to God plainly.
 - Be specific
 - Often people don’t really ask God specifics. Then they don’t even know if He’s answered.

Take some time to ask God for His involvement in your life. (Consider writing these down and dating them in your journal.)

Pursuit #2 Communion

Communion is often something we do with other members of the body of Christ (the church). Today, take a few minutes to consider Jesus’ work on the cross for you personally.

Grab a cracker and a small amount of juice or wine.

Taking your Bible read aloud to yourself Chapters 19 and 20 of the book of John.

- Taking the bread, thank God for Jesus body that was broken for you.
- Taking the juice, thank God for Jesus’ blood that pays for the forgiveness of your sins.

Pursuit #3 Letter To God

Take your journal and begin writing God a letter. Start by writing the words, “*Dear Father,*” and see where it goes from there.

- What is it that you really would like to tell your Heavenly Father?
- Some people discover that they are able to communicate more naturally and comfortably through writing.
- Don’t worry about rambling or being eloquent. Just be honest and start telling God about your life.

Pursuit #4 God, Me and the Mirror

- Sit quietly with your journal in hand in case you want to write anything down.
- Reflect on the current state of your life and heart.
 - What occupies a lot of your thought life?
 - Are there any fears that seem to dominate your thoughts?
 - Is there anything you are feeling energized or excited about?
 - Do you see God leading your towards anything?
- Ask God, “Father, what do you see happening within me?”
- Are there any “voices” that you are currently listening to that are not in agreement with the Bible or the voice of God’s Spirit?
 - Any discoveries?
 - What do you think you should pray in light of these discoveries?
 - What do you think you should do in light of these discoveries?