

Identify Yourself – pt.3

March 19, 2023

Connect Yourself

Mark 1:35 *Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a **solitary place, where he prayed.***

1. Lost _____.

- 1 Kings 19:11-13
- Silence in the **WIND**.
- Silence in the **EARTHQUAKE**.
- Silence in the **FIRE**.

Big Idea: *Be still and know that I am God. Psalm 46:10*

2. Developing a _____ Ear. (Fill in the blank)

- Job 33:14-18
- John 10:14-18
- John 10:27-30

3. The Ancient Art of **CONTEMPLATION**. (Fill in the blank)

- Psalm 1:2
- Matthew 11:28-30
- Romans 12:2

Introspection _____ or _____ Observation

Examination _____ or _____ Reflection

Deliberation _____ or _____ Meditation

A. Lift Up Your _____.

- Psalm 121:1-2
- Ephesians 1:17-18

B. Practice **STILLNESS**. (Fill in the blank)

- Psalm 46:10
- Psalm 62:1
- Luke 22:43

Connect Yourself

Discuss and Apply

1. In a few words, describe your “connect” time with God.
2. In light of 1 Kings 19:11-13, reflect on times when your “God Connection” seems lost.
3. Remember, Christ remains your anchor to the Father in every storm. Choose 1 or 2 scriptures to remind you of His STEADFAST LOVE.
4. Take a few minutes to practice the art of contemplation (reflective prayer).
 - a. Lift up your eyes (to your Shepherd).
 - b. Breathe deeply (settle down).
 - c. Be still and KNOW (reflect on His Promises).
 - d. Listen (for His Voice).

Prayer

God, there are times when I feel distant from you. Help me to carve out the time necessary in my life to develop a deep and abiding relationship with you. Give me a focused desire to know you and to make you known to others around me. Please help me to add a regular time of prayer to what I do every day, in Jesus' name.

At Manna Church, We believe ...

*... **Prayer** is an ongoing conversation with God about the daily stuff of life... it is less about ‘proper form’ and more about just talking to God. Share your hurts, your sorrows, your joys – freely and openly. God listens in compassion and love, just like we do when our children come to us. He delights in our presence. When we do this, we will discover something of inestimable value. We will discover that by praying, we learn to pray.” (Richard Foster, paraphrase T Johnson)*