

SEEK THE LORD: 7-DAY PRESCRIPTION

"All I want is to know Jesus Christ." (Phil 3:10)

OUR INSPIRATION:

- Ps 34:19 "The lions may grow weak and hungry, but those who **seek** the Lord lack no good thing."
- Jer 29:13-14 "You will seek me and find me when you seek me with all your heart. I will be found by you, declares the Lord."
- Matt 6:33 "But seek first His kingdom and His righteousness, and all these things will be added to you."
- Lam 3:22-26 "The unfailing love of the Lord never ends! ... The Lord is wonderfully good to those who wait for him and seek him."
- Heb 11:6 "Anyone who wants to come to him must believe that there is a God and that he rewards those who sincerely seek him."

HOW ARE WE TO SEEK GOD:

Inspired by the promises of God, and with the knowledge that God so delights in making His presence known to His children, during the next 7 days, we shall seek the Lord, God:

- **WITH INTENTIONALITY.** The Lord asks: "Is it Me you're looking for? Why me? Who am I to you?" Our response is: "Oh God, my God; earnestly I seek You." Ps 53:1.
- **WITH ALL OUR HEARTS.** It is our heart's desire to just be with Him whom we love with all our heart and to give Him a chance to reveal Himself to you. This shall be our singular purpose, and we shall suspend all other reasons to seek the Lord during this period except this.
- **CONTINUALLY.** We seek God not because He is lost, but because we are either in danger of getting lost, or we're already lost. The bible says, "Glory in his holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and his strength, seek his presence continually!" 1 Chron 16:10-11)

We shall accompany our discovery of the Lord with praise and thanksgiving always.

7-DAY PRESCRIPTION

During each of the next 7 days, we shall practice these 3 Disciplines:

1. DISCIPLINE # 1 -- BE MINDFUL of His presence and His actions throughout the day.

- Starting from the moment you wake up until you go to sleep, already begin to seek God's presence. Be aware of Him being present with you, frequently, and continually. Do this the whole day, every day for the next 7 days.
- Make a conscious effort to be mindful of God's presence, and to observe the movement of my heart, to be conscious of my decisions, and my thoughts, and observant of my circumstances surrounding me aware that our sovereign God is at all times working "for the good of those who love Him and are called according to His purpose" (Rom 8:28).
- Express your desire to know Him: "WHAT DO YOU WANT TO TELL ME ABOUT YOURSELF, LORD?" Bring that question to mind, and be conscious of your seeking an answer to that question, all day long.
- Take note of what He is telling you about Himself.
- Do this throughout the day, every day for the next 7 days.

2. DISCIPLINE # 2 -- Seek God in SCRIPTURE.

- Know that God delights to reveal Himself to you in Scripture. As you read keep a searching mind. Read with one purpose. You are in search for the answer to this question: "What do you want to tell me about yourself, Lord?" Seek and you will find. Ask and it shall be given. This is the focus of the search.
 - NOTE: I know there's nothing wrong with reading God's will and instructions, and commands. But for this special 7-day exercise, and without ignoring His commands and instructions, do seek to know Him more, and ask Him to reveal Himself to you clearly. Seek to know what He is like, His character, His qualities, and His Person. This is the intentionality I was talking about: seek to know more about Him.
- Give God plenty of talk time. He has many things to reveal about Himself, because He is an infinite God.
 - Don't be in a rush to finish this activity, and don't allow any distractions.
 - Either you're seeking God with your whole heart or not at all.
- Start afresh. Don't have a specific agenda, not even a theme. If you're doing this together with your mwg, don't fix it so that you all read the same stuff. If it happens, it happens. But don't force an agenda. Allow the Holy Spirit to guide you to select
 - one book from the Old Testament
 - One book from the Gospels (Matthew, Mark, Luke, or John)
 - Any set of chapters from the Psalms.
- Then, read chunky sections of both of those books.
 - Start with the first chapter, and so on reading sequentially through the next few days until you finish the book. Chunky, meaning, at least one chapter.

- For the Psalms, choose where you will start, and progressively read the next Psalm from there on each following day.
- Some verses will easily pop out as obvious statements about what God is. But often it requires a reflective mind to discern the character of God through the narratives that you read. “If you seek Me with all your heart, you will find Me,” says the Lord.
- If you have difficulty focusing or discovering what He is revealing about Himself, read the chapter again, or continue to read the next chapter. Keep looking for an answer to your search.
- If you have access to a good bible commentary, invest the time to try to understand any questions you might have about what you are reading.
- Take the time and effort to note down in a notebook or a journal (or even just a post-it note what He has revealed about Himself to you.) As you do, please feel the moment, and observe the movement of your spirit, and again take note of it.

NOTE: Given today’s lockdown situation, and the extra time we have in our hands because we don’t have to go anywhere in traffic, use this extra time in your hands as God’s gift. Steward this gift wisely.

3. **DISCIPLINE # 3 -- End-of-day RECOLLECTION and THANKSGIVING.**

- Before the day ends, remain in His presence, and recall those truths about Himself that you have learned throughout the day.
- Read your notes about what God revealed to you about Himself in scripture, or throughout your mindful moments during the day.
- And finally, on your notebook / journal, write down all the blessings and the good things that you received that day. Be mindful of the little things, and not just the big things.
- Then end the day with a prayer of thanksgiving remembering that those who seek the Lord lack no good thing.
- Close your eyes knowing that God is beside you, but He does not sleep.

ROLE OF MWG -- We shall do the above 3 Disciplines consistently every day for the next seven days. Together with our fellow MWG members, we shall pace each other and encourage one another daily. Most of all, we shall hold each other accountable for these 3 disciplines.

After one week (or at the next scheduled time) we shall each share our experience and learnings in your forthcoming MWG meeting.

- Process this approach of seeking God with your MWG. What works? What does not work?
- What were your discoveries about God?
- What are your reflections about this whole methodology and this experiment.
- Decide where you want to go with this moving forward.

“Anyone who wants to come to him must believe that there is a God
and that he rewards those who sincerely seek him.” Heb11:6