SAVORING SOLITUDE

FUNERAL

Have a funeral for something in your past. If something needs to be expressed or confessed in the presence of the Lord, do it. Then put it to rest by writing it out on a sheet of paper. Maybe you want to bury it; maybe you want to cremate it; maybe you want to drown it.

Whatever you do, put the past where God has put it, in the grave. Meditate on the following passages: **Ps. 32:1-5; Ps. 103:10-14; Ps. 130:4; Is. 43:25; Is. 42:1-3; Micah 7:19; Heb. 10:10-12, 19-23**

MEMORIAL

One of the ways in which we cultivate a heart of discontent is to concentrate on all the things we don't have. One of Satan's strategies with Eve was to get her to focus on the one thing she did not have so that she forgot all that she did have. One of the ways to live content in Christ is to thank Him for all He has done and given. God commanded Israel to remember the good He had done at the Jordan by erecting a memorial of stones. This was a tremendous faith builder.

This is an invitation to spend some time journaling on all the Lord has done and given, then setup or find a memorial stone of remembrance as a reminder to you.

BRIDGE

The quality of our relationship with God is measured in the quality of our relationships with man. Perhaps there is someone you need to forgive or someone who needs to forgive you. If so, take the initiative today and don't let this go on any longer.

Write a letter or make a phone call to ask for forgiveness if needed. Have you ever thanked your parents for all they have done for you up to now? Have you ever expressed your appreciation to a youth leader, pastor or camp counselor by telling them specifically what God has done through them in your life?

DECISION

It is human nature to take the path of least resistance and put off what we could do now for a later date. Sometimes we don't like to make a decision, even when it would be in our own best interest to do so! These things can involve life-style choices, relationships, finances…

Is there a decision you have been putting off?

Could you take some time to think, pray, and make a decision?

REVELATION

It could very well be that the Lord has spoken to you in the past few weeks. Sometimes we have a spiritual "Ah ha! I get it!" experience. What would some of those things be?

Sometimes it can be valuable to go through your notes and write out some of those revelations, then think of how they can be translated into your life. It's like taking an inventory of what the Lord has spoken, then taking ownership of it by thanking Him and acting on it.

BURDEN

One of the things that can make Bible School such a burden is "The Paralysis of Analysis". Introspection is one of the most effective thieves of joy in the Christian life. Our heavenly Father gladly accepts the responsibility to make us aware of any adjustments we may need to make in our relationship with Christ. **(1Cor. 4:3-5; Phil. 3:14-15; 1 Jn. 2:27; 1Jn. 3:19-21)**

In order to come out from that burden, it may help to journal; taking time to get out what's inside. Cast the burden of your growth on Christ and refuse to keep taking your spiritual temperature.

SOME ADDITIONAL ACTIVE OPTIONS

1. Pray prayers from scripture out loud using the personal pronoun: I, Me, My.
2. Write a letter to Jesus.
3. Write a song or poem.
4. Draw a picture which best captures your relationship to Christ.
5. Make a list of your most pressing needs and find a promise of God to match it.
6. Write out what you really want at this point in your life; share that with Jesus.
7. Focus on one created thing and describe what it teaches you about Jesus.
8. Rewrite some of God's promises in your own words.
9. Tell Jesus what bothers you the most about Him.
10. Tell Jesus why you left Him out of your life at certain points.
11. Meditate on one verse you have learned this year.