



## AN INVITATION TO SEEING JESUS IN SOLITUDE

1. **SEEING JESUS IN SOLITUDE** is the 1<sup>ST</sup> of 3 Sections in **SEEING JESUS TOGETHER**.

**SEEING JESUS TOGETHER** has been designed to build in you and your Gospel Community a greater capacity to “See Jesus” in three distinct yet interconnected Discipleship Environments.

This tool can increase your capacity to See Jesus in private (**SOLITUDE**)

...with a few other Christians (**ONE ANOTHER**)

...and at the Weekly Gathering of your Church Family (**GATHERING**).

2. The **GOAL** of this Workshop is for participants, in the coming months, to experience more of the **Presence of Jesus**, because they

1) have a Clear Understanding of a Mature Christian’s Bible Reading Discipline,

2) have an Accurate Assessment of their current Bible Reading Discipline,

and 3) are better Equipped to Value, Prioritize and Engage a Healthy Bible Reading Discipline.

3. This version of the Workshop Handout only includes Scripture References and is designed for use with a Google Slide Deck which contains the Scripture Passages.

4. Leaders can email [info@SeeingJesusTogether.com](mailto:info@SeeingJesusTogether.com) to learn how they can access other versions of this Handout, the Leader Notes for this Workshop, and the Google Slide Deck for this Workshop.



## UNDERSTANDING THE HEALTHY BIBLE READING DISCIPLINE OF A MATURE CHRISTIAN

### A MATURE CHRISTIAN INCREASINGLY VALUES, PRIORITIZES AND ENGAGES A HEALTHY BIBLE READING DISCIPLINE IN ORDER TO ENJOY INCREASING INTIMACY WITH JESUS.

#### I. "...A HEALTHY BIBLE READING DISCIPLINE..."

- A. A Healthy Bible Reading Discipline is **Daily Consumed** (Deuteronomy 8:3)
1. The Bible frequently speaks of God's Word as Food...Spiritual Food.
  2. Manna Gathering was ultimately a 40 year "object lesson" on how to value The Scriptures.
- B. A Healthy Bible Reading Discipline is **Gospel Focused** (John 5:39-40)
1. The **entire** Old Testament is ultimately about God Saving His People through Jesus.
  2. Going to Jesus for life is the correct response to any passage.
  3. The Enemy's preference for you in Bible Reading may not be that you would not read.
- C. A Healthy Bible Reading Discipline is **Spirit Led** (2 Timothy 3:16)
1. All Scripture is THEO-PNEUSTOS  
or "God-Spirited" / "God-Enlivened" / "God-Breathed" / "God-Spoken"
  2. Paul did NOT write that the Old Testament WAS inspired by God.
  3. Paul wrote that The Scriptures ARE profitable NOW  
because they ARE enlivened and/or spoken by the Spirit NOW.
  4. Bible Study and Bible Reading ("Bible Listening") are similar but different spiritual habits.
- D. A Healthy Bible Reading Discipline is **Inter-Dependent** (Exodus 16:18)
1. Healthy Bible Reading (Manna Gathering) starts in Solitude but moves into Community.
  2. **Inter-Dependence** is believing that I need the people who need me for us to thrive.  
**Independence** is believing that I do not (or should not) need others to thrive.  
**Over-Dependence** is believing that others would never need me to thrive.





## II. “...IN ORDER TO ENJOY INCREASING INTIMACY WITH JESUS.”

- A. While it is *possible* for a Bible Reading Ritual to become ritualistic, a Healthy Bible Reading Ritual makes an intimate relationship with Jesus *possible*.
  
- B. Because of the Intimate Connection *between* God and His Word We can experience an Intimate Connection with God *through* His Word.
  - 1. God inspires/enlivens/speaks His Scriptures to bless His People. (2 Timothy 3:16)
  - 2. God uses His Living and Active Word to get into the core of our being. (Hebrews 4:12,13)
  - 3. God plants His Saving/Transforming Word into receptive hearts. (James 1:21)

## III. “A MATURE CHRISTIAN INCREASINGLY VALUES, PRIORITIZES, AND ENGAGES...”

- A. Simple Steps that can help disciples find time for SOLITUDE.
  - 1. For a week, throughout each day, record what you do with your time during that day.
  - 2. At the end of each day, categorize that day’s activities as Ultimate, Good, or Bad.
    - a. **Ultimate** = Studying and Celebrating the Gospel Alone and with Others
    - b. **Good** = Enjoying and Stewarding Good Gifts & Displaying the Gospel in Word and Deed
    - c. **Bad** = Doing Sinful / Foolish Things & Worshipping Good Things made into Ultimate Thing
  - 3. Redirect the time spent on “Bad” things to “Ultimate” things and then “Good” things.
  - 4. If needed, redirect some of the time spent on “Good” things to “Ultimate” things.
  - 5. Stop spending time at night on “Bad” things (and maybe “Good” things) that keep you from being ready for the “Ultimate” thing the next morning.
  
- B. Biblical Reasons for why Disciples would want to start their day in SOLITUDE.
  - 1. The 40 Year Object Lesson implies that there is something special about the morning.
  - 2. The Psalter teaches that our souls are thirsty for God’s Steadfast Love every morning. (Psalm 90:14 / Psalm 63:1-5)
  
- C. Practical Advice on how to create SOLITUDE and promote Intimacy.
  - 1. “Find a private place to spend the first 25-40 minutes of your day... Choose a location that will promote emotional and relational authenticity with the Lord.”
  - 2. “Leave electronic devices (and other distractions) behind.”
  - 3. “Bring a Bible, a pen, your SEEING JESUS TOGETHER Journal (and coffee).”



## ASSESSING THE HEALTH OF YOUR CURRENT BIBLE READING DISCIPLINE

Use this survey to assess your **Prioritization** of and **Engagement** of a Healthy B.R.D.  
But first, remember that Christians are JUSTIFIED and have Jesus' "Bible Reading Record." *We can be honest.*  
Also remember that Christians are being SANCTIFIED into the likeness of Jesus. *We can be hopeful.*

### I. ASSESS YOUR **PRIORITIZATION** OF A HEALTHY BIBLE READING DISCIPLINE.

- A. My "Ideal Day" includes a time slot for Bible Reading / Listening. Yes / No
- B. I have a location in my home for Bible Reading that is private. Yes / No
- C. I have a location in my home for Bible Reading that is comfortable. Yes / No
- D. I create an environment for Bible Reading that is free of distractions. Yes / No
- E. My plan for when I sleep is informed by my Bible Reading Discipline. Yes / No
- F. I intentionally limit "good things" to invest in my Bible Reading Discipline. Yes / No

Overall, rate from 1 (very low) to 5 (very high) your **Prioritization** of a Healthy B.R.D.? \_\_\_\_\_

### II. ASSESS YOUR **ENGAGEMENT** OF A HEALTHY BIBLE READING DISCIPLINE.

- A. **DAILY CONSUMED**...Rate the following statements from 1 to 5 where 1 = "never" and 5 = "always"
  - 1. \_\_\_\_\_ I feel my daily need for (hunger for) God's Word.
  - 2. \_\_\_\_\_ I experience a "holy" addition to Bible Reading.
  - 3. \_\_\_\_\_ I choose Bible Reading over foolish/wicked things.
  - 4. \_\_\_\_\_ I choose Bible Reading over good things.

Based on these 4, rate from 1 to 5 the extent to which your B.R.D. is **DAILY CONSUMED**. \_\_\_\_\_

- B. **GOSPEL FOCUSED**...Rate the following statements from 1 to 5
  - 1. \_\_\_\_\_ I read to Enjoy God's Love, not Earn it.
  - 2. \_\_\_\_\_ I trust that Jesus is the hero of the Bible, not me.
  - 3. \_\_\_\_\_ From every passage, I regularly "run to Jesus" to believe His Saving Work.
  - 4. \_\_\_\_\_ I regularly repent of self-centered "sin" and self-righteous "works" while reading.

Based on these 4, rate from 1 to 5 the extent to which your B.R.D. is **GOSPEL FOCUSED**. \_\_\_\_\_

- C. **SPIRIT LED**...Rate the following statements from 1 to 5
  - 1. \_\_\_\_\_ When reading/listening to the Bible, my heart is meek and approachable.
  - 2. \_\_\_\_\_ I am often led to meditate on a portion of the passage that feels relevant to my life.
  - 3. \_\_\_\_\_ I often experience God's acceptance, love and embrace while reading.
  - 4. \_\_\_\_\_ I often experience the Father's discipline which brings conviction of sin while reading.

Based on these 4, rate from 1 to 5 the extent to which your B.R.D. is **SPIRIT LED**. \_\_\_\_\_

- D. **INTER-DEPENDENT**...Rate the following statements from 1 to 5
  - 1. \_\_\_\_\_ I feel my daily need for God's People.
  - 2. \_\_\_\_\_ The Word of Christ (The Gospel) is a regular conversation in my community.
  - 3. \_\_\_\_\_ I regularly enjoy bearing witness to my time with the Lord in Solitude.
  - 4. \_\_\_\_\_ I regularly enjoy others bearing witness to me about their time with the Lord in Solitude.

Based on these 4, rate from 1 to 5 the extent to which your B.R.D. is **INTER-DEPENDENT**. \_\_\_\_\_

## INSTRUCTIONS

We encourage you to find a private place to spend the first 25-40 minutes of your day **Seeing Jesus in Solitude**.

It is, of course, ok if you are not able to set aside this much time.

We set aside this time to enjoy God's love, not earn it.

Choose a location that will promote emotional and relational authenticity with the Lord. Leave electronic devices (and other distractions) behind.

Bring a Bible, a pen, your **Seeing Jesus Together** Journal (and coffee).

Utilize one of the Journaling Guides in the next section to follow the steps below to **See Jesus in Solitude**.

### 1. CONNECT with your Heart. (3-5 minutes)

- Relax, Breathe and Ask the Holy Spirit, "What am I feeling and Why?"
- Reflect on the Spirit's promptings.  
(Use an Emotions Wheel if helpful. See Appendix 3 for an example.)
- Write down how you are experiencing the circumstances of your life.

### 2. SURRENDER through Prayer. (2-3 minutes)

- Express to the Lord what you are feeling.
- Submit to the Lord and His Living and Active Word.
- Confess your dependence upon the Lord for understanding and faith.
- Ask the Lord to plant Seeds in your heart that will later bear fruit.
- Ask the Lord to lead you to a portion of Scripture to meditate upon.

### 3. LISTEN to the Scriptures. (5-10 minutes)

- Slowly read (listen to) the Chapter(s) one or two times.
- Notice the ideas or portions of the Chapter(s) that impact you.
- Resist the urge to fixate on or become frustrated by the portions that are confusing to you.

### 4. MEDITATE on a portion of Scripture. (5-10 minutes)

- Write down the reference of the portion you will focus on.
- Slowly read the portion over and over.
- If the portion is short enough, write it out on the lines provided.
- Write down the Biblical Truths that the Spirit is teaching you.
- Write down how this portion of Scripture tells you about the Gospel (the Saving Work of Jesus) and/or creates a need for the Gospel.
- Note the circumstances of your life that make this Scripture impactful.

### 5. PRAY through your Pen. (5 minutes)

- Move beyond a mental exercise and pursue intimacy with the Lord by praying through A.C.T.S. after meditating on the Scriptures.
- Either take notes to pray through in your heart or write a prayer from your heart in each section of the A.C.T.S. Grid.

**Adoration** - Praise the Father for His Attributes and Actions

- What do the Chapter(s) from the Reading Schedule and/or the Portion of Scripture you meditated upon tell you about God?
- Adore God for Who He Is and what He Does.

**Confession** - Acknowledge your Sinfulness, Folly and Limitations

- What do the Chapter(s) and/or Portion of Scripture you meditated upon tell you about who you were and are apart from Jesus?
- Confess your ongoing need for a Gracious and Merciful Savior.

**Thanksgiving** - Thank Jesus for His Past, Present and Future Salvation

- How do the Chapter(s) and/or Portion you meditated upon tell you about or create a need for the Saving Work of Jesus?
- Thank Jesus for saving us from the Penalty, Power & Presence of Sin.

**Supplication** - Ask the Spirit to transform you in particular ways

- How did the Chapter(s) and/or Portion you meditated upon cause you to yearn for the Spirit to transform you into the image of Jesus?
- Beg the Spirit to renew you into the likeness of Christ.

### 6. DISCERN "Next Steps." (3-5 minutes)

- Relax, Breathe & Ask the Holy Spirit for "Next Steps" in your Journey.
- Reflect on the Spirit's promptings while Thinking Biblically.
- Write down your "Next Steps" in the space provided.
- Confess where you will be tempted to not take these steps.
- Ask the Spirit for the faith, courage & opportunity to take these steps.

### 7. SHARE with Gospel Community. (2 minutes)

- Craft a sentence or two that you can share with Gospel community.
- Include an appropriate summary of what you are feeling and why.
- Express why you need and are grateful for the Saving Work of Jesus.
- Share the "Next Steps" you feel led to take today as you walk in faith.

THE “JOURNALING GUIDE” FROM SEEING JESUS IN SOLITUDE (2022) WITH PSALM 23

1. **CONNECT** with your heart.

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2. **SURRENDER** through Prayer.

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3. **LISTEN** to the Scriptures.

Psalm 23:1 The LORD is my shepherd; I shall not want.  
 2 He makes me lie down in green pastures.  
 He leads me beside still waters.  
 3 He restores my soul.  
 He leads me in paths of righteousness for his name's sake.  
 4 Even though I walk through the valley of the shadow of death, I will  
 fear no evil, for you are with me;  
 your rod and your staff, they comfort me.  
 5 You prepare a table before me in the presence of my enemies;  
 you anoint my head with oil; my cup overflows.  
 6 Surely goodness and mercy shall follow me all the days of my life,  
 and I shall dwell in the house of the LORD forever.

4. **MEDITATE** on a portion of the Scriptures.

Reference \_\_\_\_\_  
 Meditations \_\_\_\_\_  
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5. **PRAY** through your Pen.

Adoration <small>Praise the Father for His Attributes and Actions</small>	Confession <small>Acknowledge your Sinfulness, Folly and Limitations</small>
<p style="text-align: center;"><b>Thanksgiving</b> <small>Thank Jesus for Past, Present and Future Salvation</small></p>	<p style="text-align: center;"><b>Supplication</b> <small>Ask the Spirit to Transform you in particular ways</small></p>
<p>6. <b>DISCERN</b> “Next Steps.”</p> <hr/> <hr/> <hr/> <hr/>	
<p>7. <b>SHARE</b> with Gospel Community.</p> <hr/> <hr/> <hr/> <hr/>	