



**God's secret plan has been revealed to us; it is a plan centered on Christ, designed long ago according to his good pleasure.**

**Ephesians 1:9 (NLT)**

HEARING THE WORD OF GOD:

*"Seek the LORD while you can find him. Call on him now while he is near."*

Isaiah 55:6 (NLT)

RESPONDING TO THE WORD OF GOD:

*"Dear good and gracious heavenly Father, we ask that you send your holy spirit to spark in us a desire to seek you while you are near. We confess that when things are going well in our busy lives, we often fail to pursue you. Let us not wait for adversity to seek you and your will for our lives. It is in Jesus' precious name we pray, Amen."*

The desire to speak about seeking God began a few weeks ago while listening to a radio sermon entitled, "Five Earmarks of Someone Who Loves the LORD." I enjoyed this lesson so much that it will serve as the basis for our summer session. The first earmark of someone who loves the LORD is that this person will **seek personal time** with Him.

Now time is the one thing that we can all agree there isn't enough of, so why should we spend any of it seeking God? When we seek God, we are **promised** we will find Him: *"Ask, and it shall be given you; seek, and ye shall find; knock and it shall be opened to you."* (Matthew 7:7) It is a guarantee. But maybe that's the catch: maybe we don't really want to fully *find* God. For what if when we find God, He asks us to change? What if He asks us to set aside the strongholds in our lives that we've grown accustomed to? What if when we **seek** and find God, we become a boring Bible beater or worse, an evangelical Holy Roller?

The chances are that when we truly **seek and find God**, we will discover His will for our lives. As we discover God's will for our lives, He opens our eyes to what truly matters and gives us the strength to let go of all that doesn't. Then guess what happens? We begin to change. When we seek God and find Him and His will for our lives, our lives have meaning and purpose. When our lives have meaning and purpose guess what happens? We gradually let go, with God's strength, the strongholds that used to bind us. We no longer need the strongholds to fill the void where God now lives. When we seek God, find Him and His will for our lives, and are released from the strongholds that once bound us, guess what happens? We can't help but share this with others.

Having a personal relationship with Christ is better than winning the lottery! Can you imagine winning the lottery and not telling anybody? Even when we aren't openly declaring our love for Christ, others will notice "something" and ask us about it. Questions like, "What makes you so happy," "How did cope with that situation so well?", or "How do you do it?" are all opportunities to share what God has done in your life with

others. Change? Yes. Let go of strongholds? Check. Share the good news with others? You bet. But first, we must **seek**.

**ASANA (POSE):**

*Belly Twisting (Clock Pose)/ Corkscrew Pose*

When seeking personal time with God, we focus on Him as the creator of all time and remember that He is not bound by it. When we make a commitment to **seek personal time with God**, He will prioritize what truly needs to take place in our lives that day. While practicing *belly twisting* and *corkscrew poses* today, we focus on the face of a clock and visualize ourselves setting time aside each day to be with God in prayer, in worship, and in His Word.

Emmanuel, Becky