



*Soul Care*  
PERSONAL RETREAT

# **SOUL CARE**

*The God Who...*

## **SUGGESTED SCHEDULE**

9:00 - 9:30 *Prep Time*

9:30 - 10:30 *Diving Deep*

10:30 - 11:30 *Making it Practical:*

11:30 - 12:00 *Closing consideration / prayer time*

12:00 - 1:00p *SOUL CARE DEBRIEF -*

*Share with someone what God has spoken to you today.*

### **5 "P"s of SCRIPTURE MEDITATION . . .**

*PLACE ... where I will be uninhibited in my response to God's presence*

*POSTURE ... relaxed, peaceful*

*PRESENCE ... be aware of God in the space*

*PREPARE ... a portion from Scripture to spend time with*

*PASSAGE ... turn to it and read it slowly ... wait on God to speak*

### **9:00 - 9:30 Prep Time**

Find a quiet place that will allow you to focus on God. Here's a couple of leading thoughts to start you off:

- 1 *Is there anything at all preventing you from being completely present with Jesus this morning? Take a minute and deal with that. Put it in its proper perspective and offer it to God.*
- 2 **PLAY A FAVORITE SONG** or two on your phone and relax your spirit by listening. *Worship.*

### **9:30 - 10:30 Diving Deeper**

Of all the names of God, *JEHOVAH* is the name most frequently used in the Old Testament.

It's derived from the word 'havah,' which means 'to be' or 'to become.' It is the idea that God is self-existent; that He Himself possesses essential life, that He is permanent in His existence.

It is a powerful thought.

Read **Exodus 3:13-15** several times. Discover there who God really is.

Why do we doubt Him?  
Why don't we simply rest in His unchangeableness?  
Why don't we acknowledge that He has never failed us?

A - Make a list of all the ways God has been faithful to you just over the past year? Don't bother going back two, five, ten, twenty years. Focus on this past year alone. See how good He's been RECENTLY.

List some of the ways He's been faithful in your life:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

B - Read **Exodus 34:5-7**

List the adjectives used in this passage in conjunction with *JEHOVAH*:

_____	_____	_____	_____
_____	_____	_____	_____

Match those adjectives with the ways at the top of the page that you've already testified God has been faithful to you. Do you see a connection with the **Exodus 34** qualities in your own life?

**PLAY ANOTHER WORSHIP SONG FROM YOUR PHONE.** Reflect on what you've written above and WORSHIP GOD.

## 10:30 - 11:30 Making it Practical

**Geoffrey Bull** in his book, *'God Holds the Key,'* writes:

*'To see the King in His beauty must be our one desiring; to hunger, thirst and take our fill of Him. And if He makes us stand in some obscure and darkened corner of His palace yard, we can be sure He puts us there because from that distinct advantage we, with our present stature, will behold Him best whenever He comes passing by.'*

Read these Scriptures and see what God speaks to you through them. Don't rush. Really read slowly and listen to God. Journal some thoughts in the spaces below as you meditate on each.

***Colossians 3:1, 2***

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***Philippians 3:7, 8***

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***Psalm 73:25-28***

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***Joshua 1:1, 2, 5***

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**TIME FOR ANOTHER SONG.**

**11:30 - 12:00      CLOSING CONSIDERATION / PRAYER TIME**

WHEN YOU were given the option of playing any song, you chose. During these last moments, go back and discover WHY you played what you played.

What did those songs say?

Why those songs?

There's a reason you played them?

Re-discover what God is doing in your life by examining the words of the songs you selected.

Is God trying to speak to you personally there?

***PRAYER.***