



Session One - #1 - He Loves Me!

Focus: Become Intimate with God

Scripture Reading: Luke 10:38-42 (Ask the Father to open your heart to hear His tender voice).

The "true story" of every believer is the journey of the heart. The One who loves you most calls out to your heart every moment. Jesus longs for you to spend time in His presence, listening to His voice. In the middle of your daily stresses, He wants to have a relationship with you. He wants to say about you what He said about Mary, "Mary has chosen the One thing, the Best thing." Many servants of the Lord work hard for Him, but they bypass the one thing in life that's most important: an intimate love relationship with Jesus.

Revelations bring a new depth to Bible study - Opening your heart and mind to His voice as you read the words, phrases and verses in the Bible is more important than what you read. Some days you will cover more material than others. We can learn to adjust to God's pace as He guides us daily during our time with Him.

Frazzled: Additional Study that was included with our "2021 Recap of Studies from 2020" – Salt Shakin Sister Ministry – www.saltshakinsister.com – b_chapmond@yahoo.com

#2 - The Journey of Intimacy

Scripture: Luke 10:38-42 -Mary and Martha - Let's Talk Ladies - Which one are you?

Sitting at His Feet: To have the proper view of Mary, we must understand the nature of "sitting at His Feet". 1. Pull back from other responsibilities and sit quietly with Him, the morning is best for me. Another way to "sit at His Feet" is simply by thinking about Him throughout the day. Ask Him to go to the bank with you, help you get good deals when you go shopping, safety while driving in traffic, wisdom and a productive day. Involve Him in every detail of your day, He is not too busy!

Do you sometimes welcome Jesus into your "home" but then quickly go about your daily business, becoming distracted?

#3 - Hearing When God Speaks

Scripture:1 Samuel 3:1-10 - Open your mind to understand what He has for you today.

Intimacy is a Process: It takes time as we grow closer to Jesus- Growing intimate with God is a life-long process and one that is celebrated each "step of the way".

You may be much like Samuel-simply preoccupied with your duties and not recognizing God's voice. He is so persistent with His love! Through spending time with Him and thinking about Him throughout your day, you will begin to recognize His voice. Recognizing God's voice means experiencing Him. Experiencing God means being aware of His presence (The Holy Spirit), His love, joy and peace. SPEAK LORD, I'M LISTENING! - I can imagine the joy and excitement of young Samuel when he realized the Lord was speaking. He finally recognized God's voice and responded. Excitement and joy are always present when you "hook up" with God.

#4 - My Heart's Longing

Scripture: 1 Samuel 1:1-17 - Ask God to speak to your heart as you read.

Unfulfilled Longings: Often **grief and self-absorption can lead to physical and emotional manifestations.**

Hannah's burden brought her to God. God longs for us to pour out our sorrow, our bitterness, our heartbreak to Him, so He can comfort us and ultimately give us the desires of our hearts. Don't be afraid to say everything that's in your heart, He already knows your struggles, but He wants you to lift your heart and soul to Him.

What God Gives in Return: When we continue to run to Him with our burdens, then our focus gradually shifts from our burden to God. Sticking with God when our prayers seem unanswered is only possible with God's help (and the Holy Spirit within us). Persistent praying is the realization, based on faith, that He sees our needs and longs to help us. If God denies your request, He has something better planned for your life. God always answers prayers. His prayer may not be our way and our timing, but He always answers.

This process will not happen overnight but will gradually grow as you "spend time" with Him (and the Holy Spirit), pouring out your heart and trusting Him to give you His best.

#5 - Something More

Holding on to your faith even when you don't "feel" like it.

Scripture: Colossians 2:1-7 - As the Father to draw you into His intimate presence.

When you've once experienced a vibrant relationship with Jesus Christ, it's easy to get discouraged when you don't "feel" that excitement and joy.

Have you ever experienced a time in your Christian walk when your relationship with the Lord was less than exciting? (Unconfessed sin - Problems with people - Difficulty focusing on God - Being too preoccupied with other things - Not taking time to "sit still" in His presence).

When we go through those times of spiritual dissatisfaction, we can cry out with the words the Psalmist: "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way of everlasting". Willful and unconfessed sin will certainly create a barrier between you and God.

It requires faith to be joyful when you don't feel the joy. Life on earth is like that. Sometimes you just don't "feel" happy. But Paul encourages us to remember what we were taught and to continue to overflow with thanksgiving. Encourage ourselves.

GOD CAUSES YOU TO BE THIRSTY