

disciple — now

ONE HOUR
OF SOLITUDE

BGCC



iDENTITY

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Before you begin this exercise, make sure that you have a Bible and something to write with. If you brought your journal, you may want to write everything down in there instead. This exercise is called "One Hour of Solitude" because it is meant to be completed on your own, just you and God, with no help or interruption. While it may not be possible to remove yourself from other people right now, try to do so in your mind. Do your best to shut out the world. Politely ignore the people around you, turn off your phone, and stop thinking about the conversations that you have had this weekend and the ones you are anxious to have when the weekend is over. Focus.

Let's begin.

Read Psalm 46:10.

These are God's words to you. Consider them. Let them sink in. Think about how big God is and how small you are. Think about His holiness. Think about His majesty. Think about His love, mercy, and grace.

Take your time.

When you feel like your heart is bowed, spend a few moments in prayer asking God to speak to you and tell you the truth about yourself and your relationship with Him. Promise to listen and accept what He has to say with a humble heart.

Let's be honest.

Our culture is obsessed with self. As individuals, we are obsessed with figuring out who we are and who we ought to be. We spend a lot of money trying to look the part we want to play, take endless pictures of ourselves with and without our friends, and post pics, comments, tweets, and links to craft a public image of ourselves and promote it. We say we do it to stay connected with our friends--and that is part of it--but, in our heart of hearts, we are also looking for acceptance, hoping for validation, and trying to find the label that fits us.

What about you? How do you see yourself? Let's find out.

Circle every adjective below that applies to you. If you think of any adjectives that describe you but are not on the list, write them in and circle them.

Anxious	Compulsive	Greedy
Adventurous	Cowardly	Grumpy
Affectionate	Cruel	Gullible
Ambitious	Determined	Hard-working
Amusing	Diplomatic	Helpful
Aggressive	Deceitful	Honest
Arrogant	Dishonest	Humble
Big-headed	Easygoing	Impatient
Boastful	Emotional	Indecisive
Boring	Energetic	Intelligent
Bossy	Fearless	Impartial
Brave	Funny	Impulsive
Bright	Forgiving	Inconsiderate
Begrudging	Forgetful	Irresponsible
Calm	Flexible	Jealous
Charming	Forceful	Judgmental
Confident	Faithful	Joyful
Chatty	Fickle	Kind
Conscientious	Foolish	Loud
Considerate	Friendly	Loving
Courageous	Gentle	Loyal
Compassionate	Generous	Lazy
Creative	Giving	Negative
Careless	Good	Observant

Overcritical	Smart	Stubborn
Patient	Selfish	Thoughtful
Passionate	Suspicious	Timid
Prayerful	Self-disciplined	Unkind
Positive	Sensitive	Unreliable
Powerful	Sympathetic	Untrustworthy
Quiet	Sarcastic	Understanding
Quick-tempered	Self-centered	Vain
Rude	Sneaky	Vengeful

Now, go back through the words you circled and put a checkmark next to the five words that describe you best. Rank them one to five in order of least to most accurate.

Use those five words to finish the following sentence, ending with the word that describes you best:

"I am _____,
 _____,
 _____,
 _____, and
 _____."

Now, let's dig a little.

It is time to think about Jesus. What kind of man was He? How did other people see Him? How did He want to be seen? How did He use His words? What/whom did He promote? Well, there is only one way to find out.

Look up each of the following passages of Scripture, think about it, and write a short description of Jesus (just a sentence or two) based on the passage of Scripture that you just read.

Matthew 4:1-11.

John 4:31-34

Mark 1:35-38

Matthew 9:10-13

Luke 7:36-50

Matthew 9:35-38

John 8:1-11

John 17:1-5

John 11:32-35

Matthew 26:63-68

Matthew 27:45-50

Matthew 28:1-8

There are so many more passages about Jesus that you could read, so much more for you to learn about Him, but time is limited right now. This is just a sampling, a taste of Jesus' goodness. In the weeks and months ahead, read through the Gospels (Matthew, Mark, Luke, and John), starting with the book of John. If you think you love Jesus now, just wait and see how you feel when you have finished doing that!

Let's find out what it has to do with you.

Read John 3:16 and 2 Corinthians 5:17-21.

When we confess our sin and make Jesus the boss of our lives, God forgives our sin and makes us brand new. At that moment, we become Christ's ambassadors, or representatives, and it is our job to tell others about Jesus so that they can become brand new, too. Jesus does not walk around in skin and sandals anymore, so He reaches people through us. It is both a privilege and a big responsibility to represent Jesus because people who do not know Him often base their opinion of Him on our behavior.

If you have accepted God's gift of forgiveness through Jesus Christ and surrendered your life to follow Him, you are a Christian. If you are a Christian, complete the sentence below with the word "ambassador."

"I am Christ's

_____."

How does this truth make you feel? Write down your thoughts.

Now, look back at the other "I am" statement that you completed with all of those adjectives. Recreate it below.

"I am _____, _____
_____, _____,
_____, _____, and
_____."

Compare your two "I am" statements.
Do they work together? Explain.

Go back through the list of adjectives at the beginning of this exercise and put a star next to the words that describe what Jesus is like.

Write down your thoughts at this moment.

Read John 3:30.

These are the words of John the Baptist, another ambassador of Jesus Christ. Everywhere he went, John the Baptist drew a crowd, but he never used those opportunities to promote himself. Instead, he encouraged others to open their hearts to Jesus and be made right with God.

As an ambassador of Christ, what can you learn from John the Baptist's attitude?

Let's talk to God about it.

Use the following prayer guide to talk to God about what you have learned today. Take your time. The world will still be waiting for you when you finish.

1. Thank Jesus for making it possible for you to become brand new.
2. Spend some time praising Jesus for who He is. Use the adjectives that you put a star by to tell Him what you think of Him. Tell Jesus what He deserves from you in return for His goodness.
3. Go back through the adjectives that you put a checkmark by. Ask God to show you whether any of these characteristics need to decrease or disappear in your life so that Jesus can increase. Erase the checkmarks next to the ones that need to fade and ask God to change you by removing these characteristics from you.

4. Now, go back through the adjectives that describe Jesus. Put a checkmark next to each one and ask God to help you develop these characteristics so that you can become a more effective ambassador of Christ.
5. Tell Jesus how much you want to decrease so He can increase in your life. Ask Him to use you to reach others with the Gospel so they can become brand new, too.

Notes:
