

“Shaped by the Knowledge of God”

Exercise: Look-Ask-Walk

This exercise helps you experience God’s word as living and active in your spiritual journey, using the reflective approach to express your thoughts, feelings and concerns to God in prayer.

*This is what the Lord says: “Stand at the crossroads and **look**: **ask** for the ancient paths, **ask** where the good way is, and **walk** in it, and you will find rest for you souls”. Jeremiah 6:16*

Before you begin, take a moment and offer a prayer.

Dear Lord, thank you for inviting me into relationship. I am amazed that you, the God of the universe, desire to connect with me and guide me, so that I can grow in my knowledge of you and my experiences with you. I pray that as I approach this exercise that I can enter into a time to really look, listen and learn from your Word, journaling my thoughts and prayers. Help me to be open to your filling, to and to your transforming power in my heart. In the powerful name of Jesus, Amen.

Jeremiah’s words can encourage you to seek God’s path, to be filled with the knowledge of him, by looking, asking and walking in his ways. The person who continues to look – ask – and walk – will stay on the right path and receive God’s continual filling.

Here are some questions to consider as you follow Jeremiah’s invitation and connect with God.

Try to find a quiet space to and consider having some type of journal or notebook to record your thoughts. After each step – look, ask, walk – take a little time to consider what you notice. What does God bring to your attention about your attitudes and feelings? Then take a little time to write these things down.

LOOK

- Is there a crossroads I face; an unsettled relationship that’s bothering me?
- What am I experiencing in this season of life?
- Is there a Bible verse I memorized previously, or one that catches my attention now, that may apply to my circumstances?

ASK

- Is there a question I would like to ask God?
- Is there a feeling or a thought that’s causing me restlessness or distress?
- Is there something I would choose to let go of so I can connect more closely with God and walk in his path?
- Do I sense an invitation from God to walk a new or different path?

WALK

- Can I think of one or more ways to walk into (live out) what God is showing me?

All these questions can be used for journaling or personal reflection. As you look, ask and walk in God’s ways, he promises you will find the rest your soul desperately seeks.

So, as you do this exercise at home, or share together in a small group, take your time, be honest with God and know that he hears you.