

# I AM

Our hope is that this guide will serve as a tool to help you reflect on the past year and where you currently are in your faith, remember you don't do this life alone. This guide is designed to lead you through a 2 hour time with God. If you finish early take time to read Scripture or pray, it's okay to finish early. It's also okay if you don't finish within the 2 hours.

1. *Find a quiet, comfortable place in which you feel safe.*
2. *This time should be free from phone calls, technology, or interruptions.*
3. *The following schedule is designed to create space for an extended time with God. As you spend time in it, give yourself lengthy opportunity to observe, reflect, and process with God. Journaling is highly encouraged. As the Holy Spirit guides your time, pay attention to His direction and be willing to go where He leads.*
4. *Many times, the fruit of retreat doesn't show itself during the retreat, so be encouraged and take heart that your time during retreat is of benefit to you even if this time seems quiet or uneventful.*

## I AM WHO I AM. *(about 30 minutes)*

*"God replied to Moses, 'I am who I am. Say this to the people of Israel: I am has sent me to you.'" - EXODUS 3:14*

As you begin this time, ask God to affirm to you the truth of who he is, and ask him to reveal to you a new side of his character that you have yet to experience in your life.

Spend a few minutes digging into the Scripture listed below, asking the question "**WHAT** does this passage say about God and who he is?" As you read, journal and reflect on these passages.

- Psalm 18:30
- Psalm 68:19-20
- Psalm 116:5
- 1 Corinthians 10:13
- 2 Peter 3:9
- James 1:17

*"Jesus Christ is the same yesterday and today and forever." - HEBREWS 13:8*

**PAUSE AND REFLECT** on the truth of who God is. As we journey through life, we will come face to face with different circumstances, both good and bad, but no matter what comes our way we can trust that God's character is the same, yesterday, today and forever.

## WHO DO YOU SAY I AM? *(about 30 minutes)*

*“When Jesus came to the region of Caesarea Philippi, he asked his disciples, ‘Who do people say the Son of Man is?’ They replied, ‘Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets.’ ‘But what about you?’ he asked. ‘Who do you say I am?’ Simon Peter answered, ‘You are the Messiah, the Son of the living God.’”*  
- MATTHEW 16:13-16

Take time praying and journaling through these questions.

- In a few sentences **DEFINE** your current relationship with God.
- **WHAT** is one thing that you know about God, that you didn't know at the beginning of last year?
- **HOW** would you respond to Jesus' question, "who do you say I am?"
- **WHAT** aspect of Jesus' character do you hope to experience this year?

**PAUSE.** Take time to reflect on who Jesus is and how you have seen who he is, impact your life.

## IMITATING THE I AM. *(about 30 minutes)*

*“Be imitators of me, as I am of Christ.” - 1 CORINTHIANS 11:1*

Before answering the questions below take time to pray asking Jesus to point out areas of your life where growth is needed, ask Jesus to give you a heart to pursue growth this year as you seek to live like Him.

- **WHAT** would it look like for you to truly live like Christ in your everyday life?  
**WHAT** would it take to live like that?
- **WHAT** is one specific area of your life, that God may asking you to intentionally pursue growth this year, so that you can better live a life that reflects Jesus' life?  
Is there a goal, that you can pursue as you seek to grow?
- At the end of this year, **WHAT** do you hope for your life to look like?

**PAUSE.** Thank God, that as he was with you during this time, so he'll continue to be with you. Invite him to go with you, ask him to help you experience him, and live a life that reflects his this year.