

Search Me, O God

A TIME OF CONSECRATION

*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 everlasting.*

Psalm 139:23-24

Consecrate: *To make or declare sacred;
dedicate formally to a divine purpose.*

7 Days of Consecration Best Practices

- Read Psalm 139:23-24 every day, focusing on the specific word or phrase listed for each day.
- Get a journal or notebook to write down thoughts.
- The purpose for each day is to sit in the presence of the Lord, listen to His voice, and receive what He has for you. This will involve reading and praying, but the goal is to hear from God.
- Knowing this daily time of consecration will require some sacrifice, we suggest that you choose either 5am or 9pm. If your daily schedule does not allow either of these times, find an unhurried and unhindered time each day.

Day 1 – “Search Me”

As we begin this time of consecration, we ask the Lord to inspect every area of our lives to see if they are aligned with Him. Much like a search warrant is carried out by the authorities, we are giving God access to every room, nook, and cranny of our lives. Asking God to search us takes boldness and courage because we allow Him to bring to light all that is within us. We can ask God to search us because we trust that He is working for our good.

- Why is it important to give God complete access to every area of your life?
- Write down 3 areas of your life that have been previously off-limits to God.
- How will God's search of your life result in spiritual growth?
- Ask God to search specific areas (integrity, thoughts, speech, relationships, finances, etc.) and write down what you sense He is saying to you.

For Further Reflection: Psalm 46:10, James 4:8

Day 2 – “God”

Today, we will focus on who God is. At the core of His being, what sets God apart is His holiness. His holiness speaks to His superior goodness and power and stands in direct contrast to our sinfulness. To have a relationship with a holy God, we must deal with our sin.

- Write down words that come to your mind when you think about the holiness of God.
- Other defining traits of God that set Him apart are His love, power, wisdom, and faithfulness. Write down ways you see God's holiness and these other traits in action in the world and in your life personally.
- If God says in 1 Peter 1:16 to “Be holy because I am holy,” what changes do you need to make in order to live out this commandment?
- How do the cross and the resurrection of Jesus help us deal with our sin and have a relationship with a holy God?

For Further Reflection: Isaiah 6:1-8

Day 3 – “Know My Heart”

Biblically-speaking, your heart represents the essence of who you are. All your beliefs, convictions, and decisions originate in the heart. Therefore, asking God to know your heart is an invitation to be fully known by God. It is also giving Him permission to perform heart surgery and bring healing to what sin and life have damaged.

- Do you believe God can be trusted to know you fully? Why/why not?

- If opening your heart is an invitation to a relationship with God, write down attitudes and behaviors that are keeping you from giving your heart fully to Him.
- If God is the ultimate heart surgeon, what areas of your heart need healing?
- If Jeremiah 17:9 says our hearts cannot be fully trusted because of sin, where is our hope for a pure heart?

For Further Reflection:

Jeremiah 17:9-10, Psalm 51:10, Proverbs 4:23

Day 4 – “Know My Anxious Thoughts”

When we ask God to test us and know our anxious thoughts, we ask Him to point out areas in our lives where we do not fully trust Him and where we have not given Him full control. Once we agree with God about our anxieties, our response is to give them daily over to Him in prayer and trust. God may not always change the circumstances that cause our anxieties, but when we pray, He will definitely change us.

- Ask God “to know” your anxious thoughts. Write down what God reveals.
- With the anxieties you have written down, how can you specifically give these over to the Lord?
- When you pray about your anxieties, are you more concerned about Him changing your circumstances or changing you? Why/why not?
- Review your list of anxieties. For each anxiety, pray out loud – “God, I give you full control of _____.”

For Further Reflection: Philippians 4:6-7, Proverbs 3:5-6

Day 5 – “Any Offensive Way”

We all have certain practices and habits that are offensive to God and are labeled “sinful.” As we consecrate ourselves unto God, we want God to rid us of our offensive ways so that we live lives that please Him. Repentance involves confessing our sins to God and turning away from our sins. When we repent, we believe that God will forgive us because Jesus paid for our sins on the cross.

- Ask God to reveal your sin. List why your specific sinful habits or practices are offensive to God.
- Spend time confessing specific sins and asking for forgiveness. Also, list specific ways you plan to turn away from your offensive ways.
- How do you feel when you confess your sin to God? List your emotions and feelings.
- Write a prayer thanking God for what Jesus did for you on the cross.

For Further Reflection: Psalm 24:3-6, Proverbs 28:13

Day 6 – “The Way Everlasting”

In the process of consecration, we not only want to rid ourselves sin, we also want to learn how to walk in God's ways. This is an ongoing process of obedience to specific commandments and precepts we find in God's Word. Though the way of obedience is not always easy, it is better than any other way path we could walk!

- How can reading and meditating on the Bible help us learn “the way everlasting?”
- Write down the areas of life in which you need to grow personally. List specific ways you can begin including Godly practices and habits in those areas.
- Who are the people in your life that can help you live according to God's ways?
- List specific ways a life of obedience is better than a life of disobedience.

For Further Reflection: Matthew 22:35-39, Micah 6:8

Day 7 – Reflection and Call to Action

Looking over the past week, God has spoken to us in clear and specific ways. Consecration starts with humility and repentance, but it continues into our daily lives through a life of obedience. Spend today reflecting on how God has spoken to you and how you will be different as a result of this week.

- Are there any words or phrases that have stirred your heart this week?
- What's one sin of which you've confessed and repented?
- List 2-3 anxious thoughts you've given over to the Lord.
- As you have allowed God to search your heart, what has He brought to light about your trust and obedience?
- How can you take what you've learned in this time of consecration and incorporate it into the rhythms of your life?

For Further Reflection: James 1:22, Psalm 16:11, Isaiah 30:21

Songs of Encouragement

Music can be part of focusing and drawing near to God. Here is a list of songs that could be helpful during your day to set the tone for your daily time of consecration.



Scan the code for a Spotify playlist.

For a digital copy of this plan visit calvarynet.net/consecrate