

# SONQUEST

Devotional Guide

September 3-5, 2010



## WARNING:

The following is only for those who are serious about using the upcoming weekend to make real changes in their walk with God and their relationships with others. Reading on will likely get the attention of the Enemy, and will make you a target of the evil one who wants nothing more than for you to go to SONQUEST and return the SAME person. You have been warned.

## COUNTDOWN TO SONQUEST...

In a few days, we will be together as a group. We will be away from many of the temptations that make your Christian walk a challenge. We will be in a world that is very different from the one you will return to on Tuesday, September 7<sup>th</sup>. At SONQUEST, we will have nearly 40 waking hours with God and with each other. To prepare your mind and heart for this holy time, please use this guide and work through it over the next several days.

For each day there is a short text for you to read and some short questions for you to answer followed by a prayer for you to pray or an action to take. You will also be challenged to identify those areas in your life that need to be brought into the light for closer examination.

Make notes to yourself on this sheet or in a journal and bring it with you this weekend to use during times of reflection. No one has to see this page except for you . . . unless you choose to share it, so be honest with yourself and God as you think about these things.

**If you CHOOSE to share your heart, you can join the conversation by going to [FACEBOOK](#) and looking up: "SONQUEST 2010". Look for the official SonQuest logo and join the group and check back each day next week!**

During the next four days, God will open your heart to the message He has for YOU and only YOU as you go to meet Him. There will be over 1500 others who are struggling with many of the same things as you may be dealing with, but God wants to work in YOU. Each year at SONQUEST, our prayer is that you will LEAVE changed, but this year we want you to ARRIVE changed . . . and prepared to GROW.

Please see the DEVOTIONAL GUIDE on the NEXT PAGE.

Use a separate page if you would like to journal your answers, prayers, etc.

## MONDAY:

### Read: Psalm 143

1. Life is often described as a Roller Coaster. This Psalm describes someone whose life feels like a roller coaster ride. **Look back at vs. 1-2.** Write **these verses** down on a separate page. The key words might be “mercy” and “relief.” Write down at least two areas where you need some relief from the Lord and identify an area where you need His “mercy.” What area do you specifically need forgiveness for?
2. Since School began, what has drained you the MOST spiritually? Write a short prayer about this issue in the form of a Psalm (using Psalm 143 as a template).

## TUESDAY:

### Read: Psalm 143 (again . . . the whole thing)

1. **Today write down verses 3-6.** The Psalmist talks about the “enemy.” Although Satan is the enemy, **write down THREE specific things** that others around you do to “crush” you and keep you from seeing God more clearly? How is the “crowd” a distraction?
2. *“My spirit grows faint within me . . .” “I remember the days of long ago . . .”* **Write down TWO things** about your spiritual life that were true of you a year or two ago that might not be true today as your spirit has “grown faint.”
3. *“I meditate on all your works . . .”* **Write down TWO main ways** that you have seen God moving in your heart in the past year. Be as specific as you can. Do you find yourself making time to, *“consider what (His) hands have done”* in your life?
4. Think of ONE person who has strengthened your walk this past year. Take time now to send them an e-mail, call, or card sharing with them what they have done for you AND asking them to be praying for your weekend at SOINQUEST.

## WEDNESDAY:

### Read: Psalm 143 (yes . . .again)

1. **Write down verses 7-9.** Verse 8 is one of the greatest prayers you can pray to begin your day. When the Psalmist feels as though God has “hidden His face”, his response is to “lift up” his soul. **Write down TWO ways** that you can “lift” up your soul to God.
2. The next time he uses the word “hide,” he talks about hiding himself in the Lord. What does he ask God to “show” him in this passage? Write a brief prayer asking God to show YOU the way to go, and explain to Him why you have lost your way.

## THURSDAY:

### Read: Psalm 143 one last time . . . the whole Psalm.

1. **Look at verses 10-12. Write them down.** By now, you should have written this entire Psalm and spent the week reflecting on these words. There are 6 requests that the Psalmist makes of God in **vs. 10-12.** What are they? **Which of the 6** would be your deepest request for this weekend?
2. Notice how HE totally depends on God for his salvation and strength. **Write down every phrase that is preceded by the word “YOUR.”** Again, there should be 6.

## FRIDAY:

### Read: 1 Timothy 6:17-18

1. **THIS** is the ACTUALLY the theme passage for this weekend. Now that you have prepared your soul by reading Psalm 143, **read this passage from Timothy** several times before getting on the bus/van. Your heart is ready. See you in a few hours!