

JON ALBERT



Canyon Ministries  
CanyonMinistries.org

# Sit-Seek-Soak

The Pursuit of the Person of God






## Preface

Being prepared and ready for the work of God requires a daily discipline of submission and sacrifice. All authority in heaven and earth has been given to the Son who now sits at the right hand of the throne of God. We live in submission to His authority. True worship thrives within that submission and sacrificing self for the good of the kingdom. We will not fully embrace the freedom found in submission to Christ unless we trust Him. Trust comes by knowing God and faith. Knowing God requires *sitting* quietly with Him, *seeking* the person of God rather than the things of God, and *soaking* in God's goodness.

These disciplines are the daily habit of the passionate follower of Christ. As a coach, I often told my athletes that being an elite athlete requires training like an elite athlete. It is impossible to be great at something with average effort and training. This is a biblical concept taught in 1 Corinthians 9:24, "Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it" (ESV). God calls us to excellence, discipline, and effort. Abundant living is a gift given through the blood of Jesus, our Savior. Living the abundant life demands the effort required to live to win (obtain the prize). Learning to Sit, Seek, and Soak is a structure of disciplined living in response to the work of Christ that can help you live in abundance regardless of the circumstances and storms of life.

Let's get started. This study/training can be pursued alone or as a group. These discussions and activities work great in a Bible study setting, as a weekend retreat for the family or church group, as well as in your personal time with God. The following pages are nothing more than a simple guide to help you experience the glory of God and be transformed by the powerful revelation of His character.





# Introduction

*“In the beginning God created the heavens and the earth.”* Genesis 1:1


*“The heavens declare the glory of God; the skies proclaim the work of his hands.”* Psalm 19:1


*“Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.”* Isaiah 6:3

*“For since the creation of the world God’s invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that men are without excuse.”* Romans 1:20

These verses present a clear and compelling picture of God’s power and His desire for us to know Him. God created all things and wove into the fabric of His creation the revelation of His divine nature. He created the pinnacle of His creation (mankind) in His very image and the union of man and woman (marriage) stands as a reflection of the divine relationship within the Godhead.

The physical world gives testimony to God’s wrath, mercy, and desire for us. What we see today is not the original form of God’s creation. That which is around us remains as the aftermath of God’s wrath enacted upon a sinful world (Genesis 6:5–7). As a result, we live upon a graveyard of fossils and tread upon land containing the geological evidence of a worldwide catastrophe. Yet, we also see awe-inspiring beauty. This is a direct design of God’s mercy. Even in His wrath, God has left us beauty. He could have left the land barren and ugly – a wasteland. But He did not. He has given us a growing season, lush vegetation, magnificent landscape, and a promise. He desires us relationally and He has made Himself known. He came in the flesh (John 1:14), gave us His written Word, and placed His invisible qualities in plain view – He wove them into creation (even after the flood).





God desires a relationship with you. He is the Creator of the universe, the Sustainer of life, the Sovereign Lord over all the earth, the Source of truth, the Beginning and the End. He owns everything, lacks nothing, and is unbound by time and space. And yet, He really wants you. He mourns with those who mourn, rejoices with those who rejoice. He provides, protects, and disciplines those who are His. He brings peace to the confused, calm to the busied, relief to the burdened. He brings companionship to the lonely, loves the unlovable, reaches out to those who are distant, believes in us when we don't believe in Him.

We are created to walk and talk with the Almighty God of the universe. Our need for God runs deep within our being. Apart from God we are incomplete and lost (John 15:5). Like a child who has been taken from his home, we have been abducted from our relationship with God. God sent His Son to get us back. God gave Jesus the name, Immanuel, which means, "God with us." He gave us the opportunity to once again be with God. The death of Jesus on the cross defeated sin and Satan so that we could be with God now. Jesus' resurrection from the dead has given us victory over death and hope for a complete, eternal relationship with God. One day Christ will return. He will gather all the faithful and we will be with God forever. However, we do not need to wait until then to celebrate. The curtain has been torn and the door has been opened to the throne room of God.

This adventure is your opportunity to learn to walk in the light of God. We still fight with our sinful nature. However, we have been given the Spirit of the Living God. The Holy Spirit is the strength by which we live.

- Jon



# Instructions

- ✓ This guide provides instruction on three principles
  - Sit
  - Seek
  - Soak
  
- ✓ Each section contains the following categories
  - Key Verses
  - Summary Statement of the Principle
  - Opening Reading
  - Project
  - The principles may be combined together into one session or may be divided into individual days.
  
  - You may pursue these principles alone or in a group setting (family, Bible study, friends).
  
- ✓ Process
  - Read
    - Key Verses
    - Opening Reading
  - Discuss reactions to the reading
  - Do the project
  - Final discussion/application

---

*This is only a brief start to the disciplines discussed,  
but every adventure requires the proper beginning.*

---



# Sit

**Key Verses:** Exodus 14:13–14; Psalm 46:10; Romans 12:1–2


**Basic Principle:** The need for and power of sitting quietly with God.

## Opening Reading


As a teenager one crisp fall morning, my father and I were sitting in our duck blind with eagerness running like adrenalin through our veins. Of course, we were not alone. We had our best hunting partner (and best friend) at our side. His name was Char and he was a black Labrador Retriever, and the best hunting dog ever.

We were hunting in a swamp with quicksand-like mud between the open water and the cattails concealing us. As the sunlight began to illuminate the morning sky, the ducks began to arrive. We waited for our turn and were ready when it came. A flock of Mallards began to settle in and we opened fire dropping our allowed limit. Char took off like a rocket and began to work his magic. He was remarkable to watch. Somehow, he knew where each duck had fallen and one-by-one he brought them back. As Char retrieved our harvest, my father and I were free to retell the events of the hunt. The scene was not unlike many other hunts until the circumstances took an unforeseen turn.

One of the ducks had fallen into the mud between the water and the cattails. It was barely visible as it sank. Char did what he loved to do – he charged out after the duck. He got about 10 yards from the cattails and yet another 10 yards from the duck when he realized he wasn't going to make it. He tried to turn around and fight his way back. His efforts were only met with more sinking and less hope. Every fiber of his being was screaming to dig harder and fight faster. His only hope was to stop moving to give me time to somehow get there and help.








I moved to where I could look into his eyes and help him relax. I spoke as calmly as I could, but my own heart was racing and I was certain I was about to watch my dog drown in mud. I desperately wanted him to stop thrashing and calm down. Of course this made no sense to him. What I was saying was the exact opposite of every voice within his body.

About that time I looked to the side of me and noticed two wooden pallets sitting in the cattails. I quickly grabbed them and began to use them as “mud shoes” to make my way to Char. By the time I arrived at his side, only his head and a bit of his tail were out of the mud. Slowly and carefully I pulled with all my strength. I rescued him from the mud and onto the pallet. Together we used the pallets to make our way back to solid ground.

Sitting still had made no sense to Char and yet it was his only hope for survival. He needed to be still and trust in the strength of another. His salvation was dependent upon the willingness and ability of his master to come into his mess and deliver him.

The Israelites found themselves in a similar situation in Exodus 14. Consider how absurd it must have sounded to just stand still with an angry army on one side and the Red Sea on the other. Yet also consider the different result had they not trusted God (and Moses) and tried to fight the Egyptians.

Psalm 46:10 contains a command with a promise. It says, “Be still and know that I am God.” God promises that if we take the time to be still, we will be filled with the confidence that He is God. The problem is that being still is contrary to our nature. When life gets crazy and the particulars of responsibility come crashing down around us, we tend to respond with working harder and fighting with greater fervency. Being still not only doesn’t make sense, but sounds and feels like laziness. The truth of the matter is that life is greater than our strength and requires a quiet trust in the Creator of the universe.



## Project

- ✓ Find a place to be alone and sit with God.
- ✓ Sit quietly for 3 minutes.
- ✓ If in a group, get together and discuss what happened.
  - What did each person do?
  - What made it difficult?
- ✓ If alone, consider the same questions as self-reflection.
- ✓ Sit quietly again for a minimum of 15 minutes.
  - Simply surrender your thoughts to prayer.
    - If a person occupies your mind, pray for them.
    - If your “to do” list comes to mind, ask God if there may be something He needs to prepare you for.
    - If your surroundings are a distraction, just turn them into praise.
- ✓ If in a group, get together again to discuss what happened.

---

*This is just the beginning of learning to sit quietly with God. It takes time to develop. Be patient and begin with small amounts of time.*

---





# Seek

**Key verses:** Matthew 6:25–34; Psalm 23; John 10


**Basic principle:** Seek the person of God rather than the things of God.


## Opening reading

Chasing bubbles is a favorite childhood activity. Many adults enjoy it as well, if we are honest with ourselves. However, chasing bubbles gets tiring. Many bubbles launch into the air from the bubble maker. We chase after them attempting to catch a bubble. If we are successful, we are rewarded with a momentary thrill before the bubble pops and we are left to chase after another. As the bubbles fill the air around us we become acutely aware of the energy invested. As we chase one bubble, countless others are escaping, robbing us of the joy of their existence. So what is the bubble chaser to do?

My children had a battery operated bubble maker. That small device produced an endless supply of bubbles into the air for chasing enthusiasts of all ages. Those who desire to possess the bubbles can either chase them (accepting the struggles described) or they can have the bubble maker. Possessing the bubble maker implies the possession of the bubbles as well.

Christians (and the church at large) employ a pronounced amount of energy chasing after the things of God. We seek to be more loving and kind. We seek to know God's will. We seek and seek and seek. Sheep don't seek out green grass and water. They simply follow the shepherd. Everything the sheep will ever want or need is right where the shepherd is.





***“The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake.” Psalm 23:1–3 (ESV)***

God desires to be in a relationship with us. We have been invited to go beyond just knowing about what God does into the personal presence of knowing God relationally. To do so requires adjusting our interaction with Him in prayer and reading His Word. Intimacy with the person of God manifests itself in becoming more patient, loving, kind, generous, gracious, joyful, and so on. Having the person of God implies having the things of God. However, the converse is not necessarily true.



## Project

### ✓ Part 1 *A Renewed Look at Scripture*

- Divide the following passages within your group (choose 2 passages if alone)
  - Matthew 6:25–34
  - Psalm 23
  - John 10:1–5
  - John 10:7–18
  - 2 Peter 1:3–9
  
- Read the passage and answer 2 questions
  - What does this passage tell me about who God is?
    - Don't fall into the trap of seeing only what God does.
    - Keep your focus on the character of God.
  
  - What does this passage tell me about who I am in relationship to God?
    - Don't look for instructions on what to do or how to behave.
  
- If in a group, get back together and share your thoughts about each passage.



✓ **Part 2** *A Renewed Look at Prayer*

- I once dislocated my shoulder, snapping tendons and straining muscle. Once the adrenaline backed off, the pain amplified its intensity. I was riding in a friend's car to the emergency room. The pain was making me nauseous and I really did not want to vomit all over the ride of my companion. I decided prayer would be a good option for the moment. As you may imagine, I was about to ask God to remove the pain and keep my recently consumed chili where it was. Before I spoke a word, God challenged my mind and convicted my heart. I was abruptly overwhelmed with the awareness that my pain may be the absolute best thing for me and/or for the kingdom. Asking God to take away what may be best seemed suddenly absurd. I followed God's lead and changed my prayer. My prayer was simple, but it changed my life, and my depth with God. "Father, do whatever you need to do to me to advance your kingdom. If the best thing for your kingdom and my love for you is for my arm to never be functional again, then let it be. I want you and nothing else." God allowed me to see that if I had Him, then I had everything I needed.
- Choose one of the passages from above and turn it into a prayer seeking the person of God rather than the things of God.

---

**Note:** *I am not saying that we should never ask God for anything. God clearly teaches us that we are to ask with clarity and faith. This is simply a challenge to examine our heart as we approach God and deepen our trust in Him.*

---



# Soak

**Key Verses:** Proverbs 13:20; 1 Corinthians 15:33


**Basic Principle:** Surrender our entire selves to God and allow His Spirit to soak into our complete being.


## Opening reading

*A lot can be learned from a sponge...*

- A dry sponge indiscriminately takes in liquid. It will soak up any liquid it contacts without first considering the implications it may have upon its fibers.
- The liquid permeates the entire sponge, becoming a part of the sponge itself.
- A fully saturated sponge will not take in liquid it encounters as there simply is no room.
- For example: A sponge fully saturated with water, when placed in a container of gasoline will refuse the hazardous fluid. In fact, the water will go into the gasoline rather than the gasoline going into the sponge. Therefore, it could be stated, the sponge is impacting the environment rather than the environment impacting the sponge.


This is true of the heart of mankind. We have a tendency to become like those around us (Proverbs 13:22; 1 Corinthians 15:33). Like a dry sponge, we soak up the environment we are in. However, there is a protection provided to us for fighting back. True, a “dry” human (one not saturated with the character of God) will very likely become like the fools he/she





surrounds herself/himself with. However, a “fully saturated” human will have a lasting impact on their environment as the character of God pours out in their speech and actions, benefiting those nearby. Yet, in time, the sponge will run out of water and be in danger of taking in the gasoline. So it is with us. We must return to the living water of our Savior Jesus Christ every day and make certain our saturation levels are topped off.

## Project

- ✓ Draw a diagram of each floor of your house/apartment (include any garage and/or shed).
  - ✓ Each room represents a part of your life both in thought and action.
  - ✓ Write in each room what it represents.
  - ✓ Evaluate each room to determine if there is anything yet to be fully surrendered to God.
  - ✓ Key questions
    - Is there anything about this room that if God asked me to give up I would say, “No”?
    - Is this room used to seek first God and His kingdom?
- 



## Conclusion

One weekend in the emergency room won't make you a doctor. Likewise, one run through these activities will not suffice to give you all the blessings of an abundant life in Christ. The principles briefly presented in this guide are most effective when they become daily habits. Every grand adventure has a first step. My prayer is that this guide becomes your first step (or next step) in the abundant life Christ died for you to have.



Jon Albert

Executive Director

Canyon Ministries