

SEEK
HIM



Workbook 1

NATASHA L. FOREMAN



DOME Life Publishing

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Opening Prayer

Father, help us to push past the barriers that block our clear understanding, full embrace, and steady progression. Help us to release the weights of fear, shame, guilt, pride, ego, arrogance, hurt, and anger. Help us to seek You in all ways, through all things and circumstances, and without hesitation.

We love You and praise You. May our daily walk glorify You!

NATASHA L. FOREMAN

DAY 3: Release Yourself to God

GO DEEPER!

1. Today you will make mental and/or written notes of each time that you hear God (the voice within) guide, correct, and encourage you.
2. Take note of the times when you heard the voice tell you to do or say something, but you chose to do the opposite. What was the outcome, if you have had a chance to witness it? How does that make you feel?
3. What would you rank your level of obedience to God, on a scale of 1 to 5?
With 1 = “absolutely not”, and 5 = “absolutely yes”. Why did you select that number?
4. If you ranked less than 4 on the scale: Why do you think that you are resistant to following God’s lead? Why do you think that you would rather speak your own words or do your own thing, rather than let God speak and work through you? What are you telling God when you choose to disobey Him?
5. If you ranked yourself at a 4 or 5 on the scale: What makes you more inclined to be obedient? What experiences in your life have secured your trust and faith in God?

TRY THIS OUT:

Tomorrow try to spend at least one hour obeying God, without question or hesitation. Just do it. That’s 60 minutes of tuning out the other voices in your head and tuning into Him. That means going where He tells you to go, do as you’re told, and say what He tells you to say. Discernment is key. You have to know His voice. Whether you succeed or fall short in this challenge, be sure to reflect on how the experience made you feel. Then try again for another 60 minutes. We’re striving to tune in, connect, and obey Him every minute of every day. It’s not easy. That’s why we are learning, practicing, training, and conditioning ourselves.

NOTES

DAY 4: He is All

GO DEEPER!

1. Reflect upon a moment today when you feel God's presence. It may be this very moment.
2. What do/did you feel, smell, taste, see, and hear?
3. How do/did you know that it was God that you were sensing?
4. Speak candidly with God, either in silence or aloud. Share how this experience makes you feel about yourself, about Him, and the world.

Despite what you may have seen and practiced in your church, don't get stuck in the religious formalities. Just speak to Him as you would anyone else that you love, admire, respect, and value.

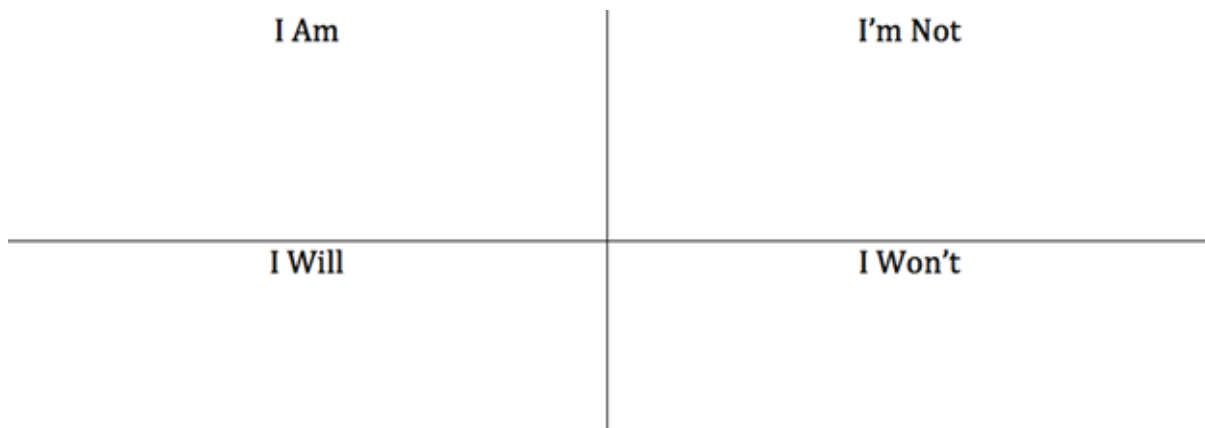
We tend to complicate our relationship with God when we get caught up in the pomp and ceremony. Be you. He's being Him. He knows you and sees you better than you or anyone else ever could. So be transparent and have a simple conversation with Him. Take note of anything that you perceive to hear or feel from Him during this conversation. If different thoughts come to mind, be sure to note them.

NOTES

DAY 5: Using Your Gifts and Talents

GO DEEPER!

1. Take a sheet of paper and fold it in half, length-wise and then fold it in half width-wise. It should create four (4) folded squares. Use a pencil, pen, or marker to create lines down the creases of each fold.
2. At the top left quadrant of the page write “I Am”. On the top right quadrant of the page (on the other side of the line) write “I’m Not”. On the bottom left quadrant write “I Will”. On the bottom right quadrant write “I Won’t”. See the image below for guidance.



In the top left quadrant: Write a list of your talents, skills, and gifts. Don't put much thought into this. Write what comes first to mind.

In the top right quadrant: Write down which of these talents, skills, and gifts that you are not utilizing in full or at all. In the bottom right quadrant: You will take the time to keep it real with yourself. In this section, you need to write down why you are not fully utilizing your talents, skills, and gifts?

- What excuses have you given and what lies have you told yourself for squandering what God has given you? Be honest. You're only lying to and hurting yourself.
- If you're struggling with fear, what circumstances led to this? What has caused you to be less confident? What happened in your life that sucked your hopes and dreams down a

drain? How does that make you feel? How would you like to feel?

In the bottom left quadrant: Outline future opportunities to showcase some of your talents and skills in a new or different way.

- What will you do to seize these opportunities, to serve as a testimony to God's goodness and greatness in your life? What will you do to begin changing your life for the better, beginning this month?

Pray about the things that you wrote on this sheet of paper. Ask God to strengthen you, and give you courage. Ask for discernment and wisdom to take the daily steps to prove His greatness. If you have a prayer partner or accountability partner—share this sheet with them. Ask them for advice and encouragement as you spread your wings to fly. If you don't have anyone to share this list with, you can email it to me. The email is breakingbreadwithnatasha@gmail.com. Type in the subject line "Go Deeper Day 5 Accountability Sheet"

NOTES

Greater Context

The Importance of Context

Words can be weighted or flimsy in our minds. When it comes to religion, people can be on the extreme end of the spectrum. Especially when you use words and titles in a way that they deem casual, improper, or incorrect. The Bible is a collection of stories that were pieced together by people who had motives to illustrate those stories as they saw fit. Hence why numerous texts and books were intentionally omitted. A lot of words in the Bible have different meanings in ancient times, just as they do today. Text in the Bible was written in Hebrew and Greek (for the most part) and translated into other languages.

Do you not think that words and meanings did not get “lost in translation” as the saying goes? There are certain words and phrases in English that have no real relevance or meaning in Hebrew, for instance. There were objects and concepts that were orally spoken in ancient times. Yet they did not have written words. So they just kinda “winged it” and made something up. Imagine how these made-up words or added vowels and consonants (in a word that lacked them) could be mutated once translated into other languages? You could possibly lose all meaning. This is especially true because the text we are reading was written thousands of years ago. Even during that era, people weren’t 100 percent sure and accurate about the details, events, dates, locations, and participants.

A great number of the texts that we read in the Bible were written more than 50 years after the event took place. Some were written more than 100 years later. Do you really think that the story didn’t get modified countless times before it was eventually written on a scroll? We know that people weren’t walking around with notepads and pencils in an inner pocket of their robes. There had scribes, but in general, people weren’t sitting near Jesus and Moses jotting down notes. So it is rare that you will find a text that is fully a first-person account of an event or conversation. That is why it has been helpful to have access to extensive research over the past one thousand years. And most recently the last 25 years—to really challenge the status quo of what we read, think, speak, and share about the Bible and those in it.

For me, in writing this book, I’ve found it imperative that in my daily journey that I know as much about the history, culture, customs, practices, laws, and other relevant information that makes us better informed. In my opinion, we also need to translate this into modern thought. It is clear that certain things that were common in ancient times are not common today. There are certain words and phrases used in those times that aren’t used today. They had customs and beliefs

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About the Author



Natasha L. Foreman is an entrepreneur, college professor, author, and podcaster. A Southern California native, Natasha now resides in Atlanta, Georgia with her Labrador Retriever, Bishop Milo. Since 2009, she has been sharing her spiritual journey and God's love through her blog, *Breaking Bread With Natasha*. She is a self-proclaimed servant leader, who boldly shares her stories, testimonies, and love for her Creator. This, from a person who spent years in the “closet” about her religious and spiritual beliefs.

When she's not working, Natasha enjoys reading books, playing cards and video games, hiking, traveling, listening and dancing to music (especially from the 1970s and 1980s), and spending quality time with loved ones.

She's also a foodie, who enjoys cooking and sampling cuisine from around the world. So yes, you can come break bread with her— spiritually and literally.

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