

SEEK HIM,  
VOLUME I



*Testing Your  
Spiritual  
Comfort Zone*

NATASHA L. FOREMAN



DOME Life Publishing

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I dedicate this book to my parents, Gwendolyn  
Foreman and the late Robert E. Foreman, Jr.  
Thank you for always loving, encouraging,  
inspiring, and supporting me.  
To my sister Alexandra and my nephew Logan,  
here's to big dreams that turn into awesome  
opportunities and experiences.  
Also, to each person that reads this  
book—through seeking God, may  
you find, embrace, and live your truth!



# Guiding Scripture

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*Trust in the Lord with all thine heart; and lean not  
unto thine own understanding.*

**-PROVERBS 3:5-6 KJV**

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*Trust in ADONAI with all your heart; do not rely on  
your own understanding. In all your ways acknowledge  
him; then he will level your paths.*

**- MISHLEI (PROVERBS) 3:5-6 CJB**

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*Trust in Hashem with all thine lev, and lean not unto  
thine own binah. In all thy drakhim acknowledge Him,  
and He shall make yosher thy orkhot.*

**- MISHLE (PROVERBS) 3:5-6 OJB**

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# PONDER THIS: Month 1

We are said to be spiritual beings<sup>t</sup> in human form. In ancient, and in some modern cultures, a child is given a name based on certain conditions and factors. It could be in obedience to prophecy, maternal visions, a name given by God, or based on physical factors like weather, seasons, temperament or complexion of the baby, and more.

It is both stated and implied that Jesus was of the lineage of David. Jesus being a descendant of the children of Israel means that he has Jewish-Palestinian heritage and hence spoke Aramaic. Millions argue whether Jesus was always a deity, later became one, or was crucified simply as a man. But, if we hold on to the belief that we are all spiritual beings, that means Jesus was and is a spiritual being.

The name Jesus is not Hebrew, Aramaic, Jewish, Palestinian, or the like. So, is Jesus his birth name, given name, or nickname? If none of the above, then who is Jesus? Who are we praying to and about? What spirit are we calling out to each day? Write your thoughts below.

At some point this month, please journey to the **Consider This: Month 1** section located towards the end of the book. Let's see if your thoughts align with historical and cultural facts.

## DAY 3: Release Yourself to God

*He was in the world, and the world was created through Him, yet the world did not recognize Him. He came to His own, and His own people did not receive Him.*

*But to all who did receive Him, He gave them the right to be children of God, to those who believe in His name, who were born, not of blood, or of the will of the flesh, or of the will of man, but of God. The Word became flesh and took up residence among us. We observed His glory, the glory as the One and Only Son from the Father, full of grace and truth.*

—John 1:10-14 HCSB

**I**t's hard sometimes to let go of the little bit of control that we think we have. It's difficult pretending that we're releasing ourselves to God. We struggle because more times than we can recall, fear sets in and our surrender is short-lived. The Bible says, shows and proves that with each step that we take on that walk, the more blessings that we receive. Will you recognize Jesus? Will you follow His lead? Will you trust and believe Him, be obedient, and faithful? Will you release yourself to God?

## **PRAYER**

Father, I open myself to You and my shepherd Jesus Christ. I trust You to restore and comfort me, to heal and enlighten me, and to strengthen and encourage me. I trust You to show me the way and help me be a better person so that I can serve You with 100 percent of me 100 percent of the time. In Jesus' name, I pray. Amen.

## **SPEAK YOUR TRUTH**

Say the words below and write beside them your truth. You can also use the workbook to write your responses.

I Feel...

I Am...

I Believe...

I Am Grateful For...

I Will Improve...

I Am Proud of Myself Because...

I Will Stay Out of My/God's Way By...

Today I Will Focus More on...

And Focus Less on...

Today I Will ...

## **GO DEEPER!**

When you are ready to go deeper, please refer to **Day 3** in the workbook.

## **NOTES**

## DAY 4: He is All

*I am the Lord, and there is no other; there is no God but Me. I will strengthen you, though you do not know Me, so that all may know from the rising of the sun to its setting that there is no one but Me. I am the Lord, and there is no other.*

—Isaiah 45:5-6 HCSB

**D**id God make this crystal clear? You can read it twenty thousand times and it will still be as clear as the first time. He is *IS*. He is *ALL*. He is everything good, great, and special. He is God. None before, none during, and none after. He has you.

### **PRAYER**

Father, these words, written in the book of Isaiah I believe to be true. I don't want to ever consider otherwise. I don't ever again want to question the when, where, why, who, and how when it comes to You. I want to be free and I know that freedom is only possible in and through You. You are all-in-all. My journey will only be successful when I live like You, believing that I am You and You are me. Help me to stop looking elsewhere and start focusing only on You. In Jesus' name, I humbly pray. Amen.

## **SPEAK YOUR TRUTH**

Say the words below and write beside them your truth. You can also use the workbook to write your responses.

I Feel...

I Am...

I Believe...

I Am Grateful For...

I Will Improve...

I Am Proud of Myself Because...

I Will Stay Out of My/God's Way By...

Today I Will Focus More on...

And Focus Less on...

Today I Will ...

## **GO DEEPER!**

When you are ready to go deeper, please refer to **Day 4** in the workbook.

## **NOTES**

# Conclusion

This marks the end of this book. Thank you for joining me on this four-month journey. I hope that the past 124 days have helped you to feel more comfortable seeking God through all things, not just during tough times. I hope that you have learned more about yourself and the things that motivate you and paralyze you. Each month you took baby steps towards greater progress in your life.

I hope that you found **Seek Him: Workbook 1** as an added benefit. If you did not purchase it, consider doing so. Next year, you can pick up both of these books, and beginning on Day 1, you can track your growth and development in comparison to where you are this year. The workbook is for everyone who wants a greater challenge.

You now have the option of starting the next phase of this journey. You can do this by reading **Seek Him, Vol. 2: Going Beyond Your Spiritual Comfort Zone**. It covers four more months of prayers, reflections, affirmations, and lessons. You can purchase both books online or through your local book retailers. Information on both can be found at the end of this book. I will see you on the next leg of our journey!

—*Natasha*



## 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 Bryant. 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 break bread with her— spiritually and literally.

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