



## FEEDING the GRIZZLY in YOU

← How to grow intimacy with the Lord Jesus Ch

→ Luke 10:38–42

→ **Sentence Sermon:** Our faith will never sustain us if we only feed it spiritual junk food. Good spiritual health and proper nutrition come when we develop true intimacy with Jesus Christ.

### I. The *explanation* of intimacy with Jesus

- A. Definition of *intimacy*: Close, familiar, affectionate personal relationship; close association, deep understanding of a person
- B. Intimacy with Jesus: “\_\_\_\_\_”  
+ We can learn a lot from Mary about intimacy with Jesus

### II. The *entryway* to intimacy with Jesus (Luke 10:38, 39)

- A. Intimacy’s \_\_\_\_\_  
+ Making intimacy work means putting me and my self-focus aside
- B. Intimacy’s components
  1. Developing a very good understanding of how Jesus thinks
  2. Being very familiar with His words, as reported in the Bible
  3. Knowing and imitating the actions of the Lord Jesus Christ
  4. Personal times of worship enhance every other worship experience
- C. Intimacy’s logistics
  1. Find a workable time to enhance your intimacy with Jesus
  2. Find a quiet, comfortable place to spend time with God
  3. Gather your resources
  4. Plan devotions, quiet time; then follow your plan “religiously”

### III. The *enemies* of intimacy with Jesus (Luke 10:40, 41)

- A. \_\_\_\_\_-ness, the “American curse”
- B. Worry
- C. The “Performance syndrome”
- D. Success
- E. \_\_\_\_\_

### IV. The *enrichment* from intimacy with Jesus (Luke 10:42)

- A. Our *focus* on Jesus • 1 Corinthians 2:16
- B. Our *fellowship* with Jesus
- C. Our \_\_\_\_\_ in Jesus

#### Action Step # 1: CREATE MEMORABLE MOMENTS WITH CHRIST

1. Get rid of distractions, then listen to a favorite Christian CD or tape. Put aside inhibitions and sing along ☺.
2. Enjoy God’s creation in nature; take a hike, jump in a lake, visit a zoo, planetarium or aviary. See God’s fingerprints everywhere you look.
3. Read from a great Christian classic (ask another Christian for a recommendation).
4. Check out a library book of religious paintings and artwork, or go online and find one to buy.
5. Memorize Bible verses to help develop your intimacy with Jesus. The verses Cindy Strong gave out for this summer is a good place to start.
6. Write a poem, compose a song, or create something with your hands . . . draw, paint or sketch a picture that expresses your praise to God.

#### Cut out and carry with you:

##### “Promises Worth Keeping” Prayer

Lord, I want a growing relationship with You. I’m tired of my broken promises to You. Guide me to godly friends who will help me remain pure and honor my priorities. Open my eyes to hidden prejudices in my life. Open my heart to the needs of my church and its leaders. Teach me to reflect your love in the world around me. Help me today to live what I say I believe. Amen.