

The Twelve Springs of Elim, Dwelling in Your Spiritual Oasis

Spring 1: Accept the reality that God loves you deeply, more than you can even imagine.

Spring 2: Invite God's Son, Jesus, to live within you as your savior, friend, and Lord.

Spring 3: Open your innermost life to Jesus, trusting him to forgive, heal, love and lead.

Spring 4: Envision the Holy Spirit as a personal, spiritual Being, and ask the Holy Spirit each day to dwell within you, as the Source of inner strength, power and guidance.

Spring 5: Read a portion of Scripture each day (the amount of Scripture should fit where you are, don't force it). If you are new to faith, stay mostly with the New Testament or the Psalms.

Spring 6: Rest in God; Let yourself settle down deep in the strong arms of God; let go and let God.

Spring 7: Take on a personal challenge that is bigger than you are; that you know that you can only do with God's help. This will force you to rely on God; never let yourself get too comfortable/spiritually flabby!

Spring 8: Pray for others. Lovingly lift them, their concerns into the presence of God.

Spring 9: If possible, join a small group or Sunday School class where the focus is on helping each other grow by (1) sharing honestly, (2) reflecting on your closest moments with Jesus, and (3) acts of service to others.

Spring 10: Forgive yourself. God is always ready to forgive; if God is, so must you.

Spring 11: Accept where you are in your Walk with Jesus, but press always to greater obedience, deeper devotion, richer fellowship. Be always contended, but never satisfied.

Spring 12: Know that there is an oasis for every desert and God's strength for every need.

Practical Exercises for Spiritual Growth

1. Look for “Elim” this week - the 12 springs and 70 palm trees; An oasis of grace. It may be a flower, a smile, a laugh, a quiet moment, a friendship shared, a touch from God.
2. Pause with your child/children (a friend) during the day at one of the moments above and verbally reflect on God’s goodness and love, and the beauty and joy of life. You will be infusing your child with a sense of joy, while reinforcing it in yourself.
3. Memorize Philippians 4:8 - “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is praiseworthy - think of these things.”
4. Pray about developing a plan that will help you be “consistently generous” in several areas of your life. One of these ways is your commitment to give financially back to God through the church.
5. What helps you become calm? Breathing a certain way, meditating, sitting by a stream, the ocean, quiet time? Take time to do your “calming exercises” several times a week.
6. Be aware when you are losing focus, when you are distracted by things, circumstances, other opinions; stop and let the fog clear, so you can see Jesus clearly.
7. Notice how this week’s Scripture from I Peter gets beneath the surface, down to our motives - what helps you to “be hospitable without secretly wishing you hadn’t got to be.”?
8. This week, notice how you say things, and then consider: “Is there a better, more positive, way I could have said that. Practice the positive.
9. Practice listening; listening to others, really listening to others, probably helps you learn to listen to God and listening to God help you listen to others.
10. Imagine Niagara Falls as the overflow of God’s love. When your “real deep love” for others (spouse, children, parents, friends, self) is running on empty, then place yourself under the Niagara of God’s love for a deep soaking and filling.