

VISIT WITH JESUS

MARK 1:35-36

BACKGROUND: In the last lesson, you met the most wonderful woman. You, too, are a very much loved and wonderful woman. Your Lord is proud to be your Father, and He wants to visit with you-just you and Him.

LIKE JESUS MET WITH THE FATHER. When, by faith, you meet with Jesus, you enjoy His presence and experience the Holy Spirit wash over you, filling you with His acceptance, His joy, and His love. If you have a sinful problem, confess it to Him. He not only forgives you, but the Holy Spirit will give you the power to overcome your sin. (**Mark 1:35-36, I Peter 1:8-9, Romans 8:26-27, Psalm 46:10, I John 1:8-10, I John 2:1-2**) *When could you plan for a time to meet with Jesus?*

ASK JESUS FOR HIS HELP. You are His adopted child. He loves you, bought you, and wants to take care of you. Cast all your worries and anxieties upon Him, and let Him meet your needs according to His riches. (**Matthew 14:22-23, Philippians 4:4-7, I Corinthians 6:19-20, John 14:13, Hebrews 4:14-16**) *Why and how will you ask Jesus to help you?*

LEARN TO KNOW YOUR FATHER by sitting, like Mary, with Jesus. Choose a dedicated time each day to spend time with Him. If you are blessed to have your Bible, let God speak to you through His word. “The Bible is the only book that when you read it, you are in the presence of the author.” Joy Haddock Davis. Even without a Bible in your hand, you can pray to Him giving Him praise and thanksgiving and receiving His wisdom and guidance. (**Luke 10:38-42, Luke 5:16, Matthew 6:5-8, Ephesians 6:18, Matthew 11:28-30**) *How could Jesus meet daily with just you?*