



## Episode 8 Study Guide: Seek & Receive Personal Revelation

Genesis 24-27

*"Come Follow Me" Old Testament Manual*

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|-------------|---|
| 00:00-06:36 | "Women: Be articulate, & distinct & different in happy ways"  |
| 06:37-10:33 | "The Lord is with us in the challenging details of our life"  |
| 10:34-16:38 | "How to develop Rebekah-like qualities in ourselves"          |
| 16:39-23:47 | "The power of serving & helping—others, your family, and YOU" |
| 23:48-27:18 | "Say: 'I will go'"  |
| 27:19-36:38 | "Inquire of the Lord, seek, & receive personal revelation"    |
| 36:38-40:34 | "Priorities: essential, necessary, nice-to-do"                |
| 40:35-49:49 | "Be a Rebekah"  |

### Study Questions/Exercises

1. How has the Lord been with you in the details and guided you through the challenging errands of your life? How might you be more like the servant of Abraham in seeking the Lord's help for the larger and smaller tasks of each day?
2. What qualities do you see in Rebekah that you might want to develop in yourself? How might you go about developing these?
3. Exercise: Set SMART goals (using the SMART Goals worksheet, on the "Study Guide" page, under Day 3: Self-CREATION).
  - a. Start SMALL. Set a larger goal. And then choose just one trait to begin.
  - b. Keep it simple. Set attainable daily goals you can easily track and see your progress.
  - c. Remember making change is a process. (Go back and listen to the stages of change model, Day 2: Self-Creation, for more on this process.)
4. What is one thing you can do to serve someone today? A small kindness? Being there for someone? Serving your family? Serving YOU? Remember: "Sometimes, the person you need to serve is YOU."

5. Are you able to say, "I will go," when the Lord asks you to do something hard? Why or why not? What might you do to make it
6. "What will I create of my life, my time, my future?" Elder Smoot asked. How would you answer this right now? How might you better: 1) Draw near to the Lord to receive answers, and then, 2) Not wait. "Begin, don't be afraid. Do the best you can," like he suggested?
7. Is your relationship with God as strong as you would like it to be? Why or why not? What might you do to begin to strengthen your relationship with Jesus Christ?
8. What is one thing you can do to begin to more fully seek and receive personal revelation? Which strategies outlined in this episode felt most applicable to you? Use the SMART goal-setting worksheet and ideas in Exercise (3.) above, to help you.
9. Exercise: Set and write down your priorities.
  - a. Get a paper or notebook or use your digital notes, and write three categories: "Essential," "Necessary," and "Nice-to-do".
  - b. Examine all areas of your life, and all you have on your plate, and place each item into the appropriate category.
  - c. What matters the very most to you in your life? What is truly essential to put into each day? Make sure to prioritize these essentials as the "first" things you do.
  - d. What is necessary to do? Ask: is it truly necessary? If so, fit these in around the essential things.
  - e. What is nice to do, but you won't be able to do it every day? Remember these things are still important and need to be added to your weekly schedule; they just might not happen all the time.
  - f. Work to follow your new priorities this week.
10. What is one thing you can do this week to "be a Rebekah?"

### **Resources**

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