



Study Guide, Episode 54—How to Come unto Jesus Christ & Learn with Him

Season 2: New Testament, Intro

00:00-14:48	"QOTW: How will I learn this year? What do I envision for myself?"
14:49-18:35	"The 4 Questions" & "'What seek ye?'"
18:36-23:53	"How to 'Come unto Christ'"
23:54-29:10	"What will you seek this year? What is your theme, goal, word?"
29:11-38:15	"Love of & joy in learning: 'Pray, ponder & prepare'"
38:16-END	"The 'seemingly small' efforts we must take to come unto Christ"

1. How have the scriptures helped you come unto Christ? Become more like Him? Answer questions you have? Know what to do in your life? Ponder this. Then, write about this in your journal or notebook.
2. What are you seeking this coming year, month, week? What are you seeking through your study of the New Testament? What are you seeking in your mental, emotional, social, physical, and spiritual health?
3. Exercise: The 4 Questions. Set aside some time alone to listen to 14:49- & ponder where you currently are in life and where you hope to be. Ask yourself and answer the following. Write your responses in your journal or notebook:
 - a. What do I want?
 - b. What do I need?
 - c. What do I crave?
 - d. What do I desire?
4. Like Jesus asked, consider asking yourself, "What seek ye?" Write your responses in your journal or notebook and use these and those above to help create your vision, theme, focus, or goals for the coming year.
5. What will you do to "prepare for learning" this coming year?
6. Create your New Year's vision, goals, or theme. Use the following articles to help you:
<https://www.drchristinahibbert.com/new-year-goal-setting-5-steps-to-personal-growth-success/>
<https://www.drchristinahibbert.com/beyond-resolutions-discover-your-new-years-vision/>

Join my "8-Day REPLENISH Self-Care Challenge:

<https://drchristi.mykajabi.com/8day-replenish-challenge>

Resources

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Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#) Facebook: [Dr. Christina Hibbert](#)