

# WHERE DO YOU TURN?

Jeremiah 32:33a  
(NET)

They have turned away from me  
instead of turning to me.

OCTOBER 2020 RETREAT

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## THEME VERSE

Jeremiah 32:33a (NET) - *They have turned away from me instead of turning to me.*

If we don't turn towards Jesus, then by default we turn away from him.

## WHAT WE NATURALLY TURN TO

- Hobbies
- Entertainment
- People
- Information
- Productivity
- Food
- Rest
- Way of Life



WHERE DO YOU  
TURN?

# SESSION 1

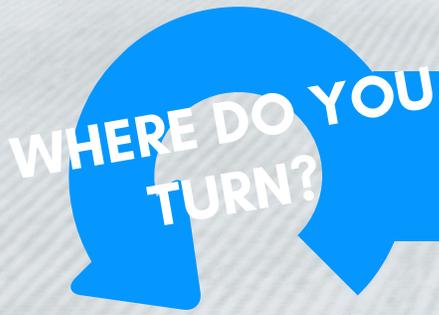
## HEBREW WORD SHAB

It means to turn back or return.

When we turn to Jesus, we are going BACK to what we were originally created to do - be in relationship with God and experience intimacy with Him!

## PSALM 119:114 (MSG)

*You're my place of quiet retreat; I wait for your Word to renew me.*



WHERE DO YOU  
TURN?

## PERSONAL REFLECTION 1

1. What do you usually turn to when you have a need?
2. What benefit or help do you find from these things?
3. How do these things help or hinder you in the long run?
4. Think of a time when you turned to Jesus instead of something else. What stands out to you? What was different? What was better?
5. What keeps you from turning to Jesus?  
habit   shame   ignorance   fear   guilt   lack of desire
6. Do you want to consistently turn to Jesus instead of other things? Why or why not?
7. Tell Jesus how you want to grow in this area. Tell him how you are feeling. Pray that Psalm 119:114 would be your own experience.

## FEELINGS THAT MOTIVATE

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*Isaiah 41:10 (NIV) – So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

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*Psalm 32:8 (GNT) The Lord says, “I will teach you the way you should go; I will instruct you and advise you.”*

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*Isaiah 40:31 (ESV) but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

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*Psalm 68:5-6a (ESV) - Father of the fatherless and protector of widows is God in his holy habitation. God settles the solitary in a home;*

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*Matthew 11:28 (ESV) - Jesus says, “Come to me, all who labor and are heavy laden, and I will give you rest.”*

## NEEDS THAT MOTIVATE

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*Isaiah 26:3 (ESV) - You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*

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*Psalms 119:114 (MSG) - You're my place of quiet retreat;*

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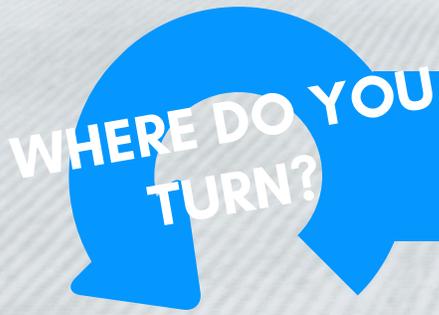
*Psalms 56:8 (ESV) - You have kept count of my tossings; put my tears in your bottle. Are they not in your book?*

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*Exodus 14:14 (NIV) - The Lord will fight for you; you need only to be still.*

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*Isaiah 30:21 (ESV) - And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left."*



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## PERSONAL REFLECTION 2

1. What emotions or needs are triggers that cause you to find something to meet that need?
2. How often do you turn to things to meet your emotional or physical needs?  
hourly                      daily                      weekly
3. What does Jesus want to offer to you in these moments? How can he meet your need in deeper and richer ways?
4. Consider Jesus being your refuge in these moments of need. How can he offer shelter? protection? escape? relief?
5. Think of a time when you have experienced Jesus as your refuge. How would consistently experiencing him as your refuge change you? your relationships? your life?
6. What parts of Psalm 31 stand out to you? How do you identify with David? How do you need God in similar ways?
7. Talk to God about what you desire. Ask him to reveal himself to you in deeper ways. Tell him you want your needs met in him.

## ISAIAH 55 (MSG)

1-5 *“Hey there! All who are thirsty, come to the water! Are you penniless? Come anyway—buy and eat! Come, buy your drinks, buy wine and milk. Buy without money—everything’s free! Why do you spend your money on junk food, your hard-earned cash on cotton candy? Listen to me, listen well: Eat only the best, fill yourself with only the finest. Pay attention, come close now, listen carefully to my life-giving, life-nourishing words. I’m making a lasting covenant commitment with you, the same that I made with David: sure, solid, enduring love I set him up as a witness to the nations, made him a prince and leader of the nations, And now I’m doing it to you: You’ll summon nations you’ve never heard of, and nations who’ve never heard of you will come running to you Because of me, your God, because The Holy of Israel has honored you.”*

6-7 *Seek God while he’s here to be found, pray to him while he’s close at hand. Let the wicked abandon their way of life and the evil their way of thinking. Let them come back to God, who is merciful, come back to our God, who is lavish with forgiveness.*

8-11 *“I don’t think the way you think. The way you work isn’t the way I work.” God’s Decree. “For as the sky soars high above earth, so the way I work surpasses the way you work, and the way I think is beyond the way you think. Just as rain and snow descend from the skies and don’t go back until they’ve watered the earth, Doing their work of making things grow and blossom, producing seed for farmers and food for the hungry, So will the words that come out of my mouth not come back empty-handed. They’ll do the work I sent them to do, they’ll complete the assignment I gave them.*

12-13 *“So you’ll go out in joy, you’ll be led into a whole and complete life. The mountains and hills will lead the parade, bursting with song. All the trees of the forest will join the procession, exuberant with applause. No more thistles, but giant sequoias, no more thorn bushes, but stately pines—Monuments to me, to God, living and lasting evidence of God.”*

## PRACTICAL PROCESS

1. Choose something you regularly turn to (a habit, activity, response, etc.)
2. Identify the need or emotion behind it
3. Consciously turn to God instead of that thing

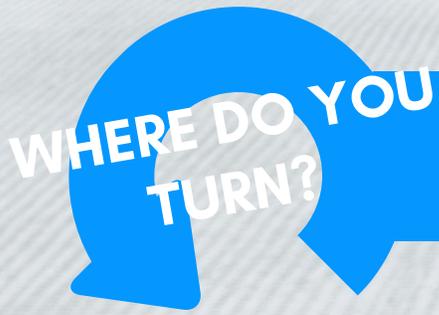
*God, you are my ...*

*God, I need you more than ...*

*God, I want you more than ...*

*God, in you I find ...*

*God, I choose you!*



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## PERSONAL REFLECTION 3

1. What do you want to practice turning away from and and practice turning towards God instead?

2. What causes you to turn to that habit, activity, response, etc? Is it habitual or occassional? Conscious or unconscious?

3. How can you prepare ahead of time to help you consciously turn to God?

What verse could help you?

What song could help you?

What phrase could help you?

Who could help you?

4. What do you hope will happen in your life as a result of this? What do you hope will happen in your relationship with God?

5. Share your heart and your hopes with God. Tell him you want him more than anything. Thank him for his promise to draw near.