

Elijah Day

**An intentional day
to connect with God**

**We cannot connect
unconnected people to
Jesus Christ unless we
stay connected to him
ourselves.**

What is an Elijah Day?

Who is Elijah?

What are the options?

What are the steps?

Where should we go?

How do we connect with God?

How should we plan it?

What is an Elijah Day?

An intentional day to connect with God.

Unfortunately, it can seem like an unrealistic and unnecessary recommendation for ministry leaders. *Like, it would be good to slow down, but I've got things to do!* And maybe for you, it's not even selfish things. Perhaps your schedule is busy with recruiting volunteers or programming meetings, or maybe you're busy helping old ladies walk across the street... *I cannot take a break, I'm doing the Lord's work!*

Pause.

Jesus took intentional time away from ministry to connect with God.

At the beginning of Jesus' ministry, it says, "The Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan" (Mark 1:12-13).

The term *Wilderness* could be translated as *Lonely place. Quiet place. Solitary place. Uninhabited place.*

If you read the Bible story in church growing up, the main point will often be something like, *Jesus was able to fight against Satan even in his weakest moments! And you can too!* So why would the Spirit send him to the wilderness? Especially knowing he would be tempted by Satan?

Because many theologians believe Jesus was actually stronger in the wilderness.

Wait... *What? How?*

Because he was alone with the Father without distractions. Jesus went into the wilderness to connect with God.

Forty days later, Jesus leaves the desert, and we read about a 24-hour ministry highlight reel. Jesus calls his disciples, teaches people, drives away demons, and heals the sick... All in a day!

Meanwhile, my greatest 24-hour accomplishment is watching an entire Netflix series. *Oof.*

But after Jesus spent 40 days in the desert, followed by a one-day healing spree, guess what's next on his Google calendar? Well, "very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed" (Mark 1:35).

It's the same language! *A solitary place. Lonely place. Quiet place. Uninhabited place. Or wilderness.*

After an action-packed day, he returns to the wilderness to connect with God.

Nevertheless, while your *quiet place* might not be considered the *wilderness*, it's essential for your spiritual development to step away from ministry and spend an intentional day connecting with God.

Who is Elijah?

In the Old Testament, a prophet named Elijah (*Clever, right?*) went on a journey into the wilderness after an exhausting ministry experience... He prayed, took a nap, and eventually, an angel told him to wake up and eat some food before continuing the journey. Upon arrival, he went to a mountain to experience God's presence. Suddenly, Elijah witnessed an earthquake and fire; however, the "Lord was not in the earthquake... (or) fire" (1 King 19:11-12). Yet moments later, Elijah experienced God through a whisper. Wow.

We know ministry can be busy... *And loud*. Yet sometimes God wants to whisper something to us. Unfortunately, our lives can be too loud to hear the Spirit speaking to us, so we want to help you create uninterrupted time to connect with God – an Elijah Day.

What are the options?

You have two options:

Option 1: *I've got this!*

- Included is a general resource to help you plan your Elijah Day with recommendations on locations outside the office, reading and podcast material, spiritual practices, etc.
- Included is an assessment to help you discover the best way you connect with God called the *Spiritual Pathways*.

Option 2: *I want help!*

- Alongside the general resources included, we will meet with you individually to help you create a plan specifically designed for you.
- After taking the *Spiritual Pathways* assessment and meeting with someone, we will create a personalized plan for your Elijah Day, and you can choose whether to follow or adjust the recommendations to your preference.

What are the steps?

We are happy to help you create an Elijah Day specifically designed for you, but if you want to be a Lone Ranger – No problem! We recommend following these steps to build a day of connecting with God:

Step 1: Take the *Spiritual Pathways* assessment.

- <https://groupleaders.org/spiritual-pathways-assessment/>

Step 2: Read about your *Pathway* and recommended practices and resources.

- Included below.

Step 3: Pick a day.

- Choose a day when you will not be distracted by a deadline at work.
- Consider the weather, especially if you want to be outside.

Step 4: Pick a location.

- We do not recommend your house or Northside.
- Recommendations are included below.

Step 5: Pick a few practices, people, books, podcasts, and activities for your day.

- Included below.

Step 6: Make a schedule.

- We recommend preparing now, so you can focus later.
- Template is included below.

Step 7: Connect with God

- This is what you were created to do :)

Where should we go?

Here's a few options; however, this is not an exhaustive list at all.

Parks

- Falls of the Ohio State Park
- Charlestown State Park
- Deam Lake State Recreation Area
- Kevin Hammersmith Memorial Park
- Lapping Park
- Clifty Falls State Park
- Sam Peden Community Park
- Spring Mill
- Hoosier National Forest
- Bernheim Forest
- Waterfront Park

Retreat Centers

- Mount Saint Francis Center for Spirituality
- Silver Heights Camp
- Country Lake Christian Retreat
- Creation Museum
- Pyoca Camp and Retreat Center
- Iron Bell Ministries
- Southern Baptist Theological Seminary

Coffee Shops

- Coffee Crossing
- Starbucks
- Starlight Coffee
- Heine Brothers Coffee
- Mickey's
- Kolkin Coffee
- Quills Coffee
- Sunergos

Non-Profits

- Nomad Church Collective
- Re:Center Ministries
- CrossRoads Missions
- Jacob's Well

How do we connect with God? (pt. 1)

Naturalist

These people connect to God best when they are outdoors.

- Suggested Practices:
 - Go on a hike or walk.
 - Put your phone on do not disturb.
 - Eat a meal outside.

Sensate

These people connect to God best when their five senses are engaged.

- Suggested Practices:
 - Join a worship gathering.
 - Take communion.
 - Enjoy a meal with a friend.

Traditionalist

These people connect to God best when they incorporate the historical practices of the Christian faith.

- Suggested Practices:
 - Read a *Devotional Classic*.
 - Visit a traditional church or religious center.
 - Fast or abstain from food and drink.

Ascetic

These people connect to God best through simplicity and solitude with God.

- Suggested Practices:
 - Spend time alone.
 - Wait in silence and listen to the Spirit.
 - Meditate on Scripture.

Caregiver

These people connect to God best when they have the opportunity to serve others.

- Suggested Practices:
 - Help someone in need with a project.
 - Pray with/for others.
 - Meet with someone to provide support and encouragement.

How do we connect with God? (pt. 2)

Enthusiast

These people connect to God best when they are celebrating with others.

- Suggested Practices:
 - Spend time with joyful people.
 - Join a worship gathering.
 - Say/Write a thanksgiving prayer.

Contemplative

These people connect to God best when they can experience passionate worship.

- Suggested Practices:
 - Meditate on Scripture.
 - Listen to worship music.
 - Spend time in silence and solitude.

Intellectual

These people connect to God best when they have the opportunity to learn about God.

- Suggested Practices:
 - Study Scripture.
 - Read a book about theology/spirituality.
 - Meet with a mentor to learn from them.

Activist

These people connect to God best when they are taking a stand for righteousness.

- Suggested Practices:
 - Walk through an area/neighborhood and pray with others.
 - Serve somewhere to help those harmed by injustice.
 - Pray for others with an imagination prayer.

If you want to learn more about spiritual pathways, here's a simple overview:

- <https://garythomas.com/wp-content/uploads/2014/10/sacredpathways.pdf>

If you want to learn more about spiritual practices, here's a simple overview:

- <https://renovare.org/about/ideas/spiritual-disciplines>

How should we plan it? (pt. 1)

Naturalist

These people connect to God best when they are outdoors

Time	Location	Practice	Person(s)
9:00 AM	Clifty Falls State Park	Hike	N/A
10:00 AM	Clifty Falls State Park	Hike	N/A
11:00 AM	Clifty Falls State Park	Journal Reflection	N/A
12:00 PM	Clifty Falls State Park	Lunch Outside	N/A
1:00 PM	Clifty Falls State Park	Hike	N/A
2:00 PM	Clifty Falls State Park	Nap	N/A
3:00 PM	Clifty Falls State Park	Read	N/A
4:00 PM	Clifty Falls State Park	Read	N/A

Sensate

These people connect to God best when their five senses are engaged

Time	Location	Practice	Person(s)
9:00 AM	Iron Bell Ministries	Worship	N/A
10:00 AM	Iron Bell Ministries	Worship	N/A
11:00 AM	Iron Bell Ministries	Walk, Pray, and Process	N/A
12:00 PM	Restaurant	Lunch with Friend	Friend
1:00 PM	Waterfront Park	Read Scripture	N/A
2:00 PM	Waterfront Park	Walk, Pray, and Process	N/A
3:00 PM	Coffee Shop	Meet with Mentor	Mentor
4:00 PM	Coffee Shop	Meet with Mentor	Mentor

How should we plan it? (pt. 2)

Traditionalist

These people connect to God best when they incorporate the historical practices of the Christian faith

Time	Location	Practice	Person(s)
9:00 AM	Mt. Saint Francis	Read Psalm	N/A
10:00 AM	Mt. Saint Francis	Walk, Pray, and Process	N/A
11:00 AM	Mt. Saint Francis	Mass	N/A
12:00 PM	Mt. Saint Francis	Mass	N/A
1:00 PM	Restaurant	Lunch with Friend	Friend
2:00 PM	Coffee Shop	Read Book of Common Prayer	N/A
3:00 PM	Coffee Shop	Meet with Mentor	Mentor
4:00 PM	Coffee Shop	Meet with Mentor	Mentor

Ascetics

These people connect to God best through simplicity and solitude with God

Time	Location	Practice	Person(s)
9:00 AM	Mt. Saint Francis	Reading Scripture and <i>Spiritual Classics</i>	N/A
10:00 AM	Mt. Saint Francis	Walk, Pray, and Process	N/A
11:00 AM	Mt. Saint Francis	Journal Reflection	N/A
12:00 PM	Restaurant	Lunch with Friend	Friend
1:00 PM	Coffee Shop	Reading Scripture and <i>Spiritual Classics</i>	N/A
2:00 PM	Coffee Shop	Coffee with Mentor	Mentor
3:00 PM	Charlestown State Park	Walk, Pray, and Process	N/A
4:00 PM	Charlestown State Park	Journal Reflection	N/A

How should we plan it? (pt. 3)

Caregiver

These people connect to God best when they have the opportunity to serve others.

Time	Location	Practice	Person(s)
9:00 AM	Silver Heights Camp	Reading Scripture and <i>Spiritual Classics</i>	N/A
10:00 AM	Silver Heights Camp	Reading Scripture and <i>Spiritual Classics</i>	N/A
11:00 AM	Kevin Hammersmith Memorial Park	Walk and Pray for Others	N/A
12:00 PM	Nomad Church Collective	Take/Serve Food	Nomad
1:00 PM	Nomad Church Collective	Serve Others	Nomad
2:00 PM	Coffee Shop	Journal Reflection	N/A
3:00 PM	Coffee Shop	Meet with Mentee	Mentee
4:00 PM	Coffee Shop	Meet with Mentee	Mentee

Enthusiast

These people connect to God best when they are celebrating with others

Time	Location	Practice	Person(s)
9:00 AM	Iron Bell Ministries	Worship	N/A
10:00 AM	Iron Bell Ministries	Worship	N/A
11:00 AM	Iron Bell Ministries	Walk, Pray, and Process	N/A
12:00 PM	Restaurant	Lunch with Mentor	Mentor
1:00 PM	Creation Museum	Explore with Friend	Friend
2:00 PM	Creation Museum	Explore with Friend	Friend
3:00 PM	Creation Museum	Explore with Friend	Friend
4:00 PM	Creation Museum	Explore with Friend	Friend

How should we plan it? (pt. 4)

Contemplative

These people connect to God best when they can experience passionate worship.

Time	Location	Practice	Person(s)
9:00 AM	Iron Bell Ministries	Worship	N/A
10:00 AM	Iron Bell Ministries	Worship	N/A
11:00 AM	Iron Bell Ministries	Walk, Pray, and Process	N/A
12:00 PM	Restaurant	Lunch with Friend	Friend
1:00 PM	Mt. Saint Francis	Reading Scripture and <i>Spiritual Classics</i>	N/A
2:00 PM	Mt. Saint Francis	Walk, Pray, and Process	N/A
3:00 PM	Coffee Shop	Meet with Mentor	Mentor
4:00 PM	Coffee Shop	Journal Reflection	N/A

Intellectual

These people connect to God best when they have the opportunity to learn about God

Time	Location	Practice	Person(s)
9:00 AM	Coffee Shop	Meet with Mentor	Mentor
10:00 AM	Coffee Shop	Meet with Mentor	Mentor
11:00 AM	Coffee Shop	Journal Reflection	N/A
12:00 PM	Restaurant	Lunch with Mentor	Mentor
1:00 PM	Southern Baptist Theological Seminary	Reading Scripture and Spiritual Books	N/A
2:00 PM	Southern Baptist Theological Seminary	Reading Scripture and Spiritual Books	N/A
3:00 PM	Bernheim Forest	Listen to Podcast	N/A
4:00 PM	Bernheim Forest	Walk, Pray, and Process	N/A

How should we plan it? (pt. 5)

Activist

These people connect to God best when they are taking a stand for righteousness

Time	Location	Practice	Person(s)
9:00 AM	Coffee Shop	Reading Scripture and <i>Spiritual Classics</i>	N/A
10:00 AM	Coffee Shop	Reading Scripture and <i>Spiritual Classics</i>	N/A
11:00 AM	Sam Peden Community Park	Walk and Pray for Others	N/A
12:00 PM	Restaurant	Lunch with Mentor	Mentor
1:00 PM	Re:Center Ministries	Serve Others	N/A
2:00 PM	Re:Center Ministries	Serve Others	N/A
3:00 PM	Re:Center Ministries	Serve Others	N/A
4:00 PM	Waterfront Park	Walk and Pray for Others	N/A

Template

Time	Location	Practice	Person(s)
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			