

An aerial photograph of a sailboat with a white hull and colorful sails, moving across dark blue, textured water. The boat is positioned to the right of the main text.

FINDING GOD

A 30-day challenge

Short daily reflections



THE GOD WHO WANTS TO BE KNOWN.

We believe that if you seek God with an open heart and an open mind, you will find him. He will make himself known to you.

For some, that happens quickly; for others it takes longer – more of a gradual journey over months and years.

But, wherever you are with God – whether you feel you have never known him, whether you're unsure if there's really anything in this, or you feel distant having known him in the past – this 30-day guide is a great starting point.

So that's the challenge. Watch the talk in our Sunday morning meeting, then set aside 10 minutes each day from Monday to Saturday to reflect on a personal question, record some of your thoughts in a notebook or journal, and pray a simple prayer.

Journey with us for these 30 days and pray as if God is real. You have nothing to lose and, potentially, everything to gain.





WEEK 1 LONGING



As the deer pants for streams of water, so my soul
pants for you, my God.

My soul thirsts for God, for the living God.

When can I go and meet with God?

My tears have been my food day and night, while
people say to me all day long, 'Where is your God?'

These things I remember as I pour out my soul:
how I used to go to the house of God under the
protection of the Mighty One with shouts of joy
and praise among the festive throng.

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God, for I will yet praise
him, my Saviour and my God.

Psalm 42:1-5



DAY 1

Reflect

Have you ever felt close to God?

How did you grow distant from him?

If you've never felt close to God, why do you think this is?

Describe how you feel about God right now and why you want to find him/why you are taking this 30-day challenge.

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that you are what's missing from my life.



DAY 2

Reflect

How has your life disappointed you?
What has left you thinking, “There’s got to be more”?
Try to describe your longing for something
more or something better in the years ahead.
What do you long for?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that you are what’s missing from my life.



DAY 3

Reflect

We all want to find love.

What have been the high points and the low points
in your search for love?

Has your longing for love been fulfilled or do you
long for something more?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that you are what's missing from my life.



DAY 4

Reflect

Would you say your life has a fulfilling purpose?

If yes, what is your life's purpose?

If no, describe your desire for greater meaning and purpose.

Does that desire motivate your search for God?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that you are what's missing from my life.



DAY 5

Reflect

What are some of the hard things you have encountered in life that have made you question why God would allow something like that to happen?

Have these things contributed to a sense of distance from God?
Or have they fuelled a desire for God?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that you are what's missing from my life.



DAY 6

Reflect

Following this week's reflections, sum up where you encounter dissatisfaction and longing in your life.

Has the desire for more moved you along in your search to find God?

Write

Pray

God, if you are real, make yourself real to me. Help me to see that you are what's missing from my life.



WEEK 2

REGRET



This is what the Lord says:
‘Forget the former things;
do not dwell on the past.
See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.
The wild animals honour me,
the jackals and the owls,
because I provide water in the wilderness
and streams in the wasteland,
to give drink to my people, my chosen,
the people I formed for myself
that they may proclaim my praise.’

Isaiah 43:16, 18-21



DAY 7

Reflect

What things make you say, "I wish I could start over again"? Describe your biggest regrets and any areas of your life today where you know things could and ought to be better.

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that with you I could start over again.



DAY 8

Reflect

Jesus said that he came so that we could 'have life, and have it to the full' (John 10:10).

Describe your quality of life - is it 'life to the full' or is it more like just getting by day to day?

Is there anything about the quality of your life that you wish were different?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that with you I could start over again.



DAY 9

Reflect

Do you ever wonder what will happen to you after death?
Describe your beliefs about what happens when we die.
If heaven exists, how do people get there?
Do you have any fears, doubts or questions about this?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that with you I could start over again.



DAY 10

Reflect

Thinking back to day one of this week, what kinds of things get in the way of you starting over?

Is it not knowing what to do?

Being too busy or too distracted?

Too discouraged?

Not having enough faith?

Something else?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that with you I could start over again.



DAY 11

Reflect

On Sunday, we talked about repentance. To make a new start in life, what would you need to turn away from?

Would that be easy or difficult?

What would you need to turn to?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that with you I could start over again.



DAY 12

Reflect

Are you ready to make a new start?
What are your thoughts or feelings about turning to God?
Have your thoughts/feelings changed over the
last two weeks?
If so, how?

Write

Pray

God, if you are real, make yourself real to me.
Help me to see that with you I could start over again.



WEEK 3 HELP



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. This is the verdict: light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

John 3:16-21



DAY 13

Reflect

Are you able to start over in life in your own strength,
or have you failed at this in the past?
Are you able to fulfil the deepest longings of your heart,
or have you found yourself unable to do that?
Do you need help?
Where will you look for it?

Write

Pray

God, if you are real, make yourself real to me.
Show me how to turn towards you for help.



DAY 14

Reflect

What does the word 'home' mean to you?

Where do you feel you belong?

When you think about God, what does his role as Father mean to you?

Do you have a desire to be 'home' with your heavenly Father?

Write

Pray

God, if you are real, make yourself real to me.
Show me how to turn towards you for help.



DAY 15

Reflect

How do you think God will receive you should you find him?

Do you see him as an angry judge waiting to exact retribution?

Or a 'soft touch' who will let you off the hook without consequence?

Or something else?

How does your perception of God affect your willingness to take a step of repentance?

Write

Pray

God, if you are real, make yourself real to me.
Show me how to turn towards you for help.



DAY 16

Reflect

On Sunday, we talked about God's grace. That he welcomes us even though we don't deserve it, regardless of what we may have done. That we don't have to do anything to be forgiven, because he has already done what was needed - paying the ultimate price himself. Which statement best describes your reaction to grace like this?

"I don't believe it." "I expect it!" "I don't expect it, but I believe it!" Why?

Write

Pray

God, if you are real, make yourself real to me. Show me how to turn towards you for help.



DAY 17

Reflect

When you consider the idea that Jesus died for you so that you could find God, how do you react?

Who is Jesus to you?

What does he mean to you?

Write down some of your thoughts.

Write

Pray

God, if you are real, make yourself real to me.
Show me how to turn towards you for help.



DAY 18

Reflect

Are you ready to follow Jesus as your way to come home to your heavenly Father?

If you are, write out a prayer asking him to show you the way to God, and to sit in the driving seat of your life.

If you have already done that, what has changed since you started to follow Jesus?

Write

Pray

God, if you are real, make yourself real to me.
Show me how to turn towards you for help.



WEEK 4

LOVE



I kneel before the Father, from whom every family in heaven and on earth derives its name.

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

Ephesians 3:14-19



DAY 19

Reflect

When you think about God welcoming you unconditionally, how do you respond to his grace towards you now?

Even if you have joyfully accepted it, do you still sometimes struggle to really believe it?

Why do you think this is?

Write

Pray

God, if you are real, make yourself real to me.
Help me to believe and experience your unconditional love for me.



DAY 20

Reflect

Do you ever encounter feelings of shame, even after you know you have been forgiven by God?

What do you feel shame about?

How does this affect you?

Write

Pray

God, if you are real, make yourself real to me.
Help me to believe and experience your unconditional love for me.



DAY 21

Reflect

What would help you to know that God has wiped your shame and guilt away, totally and permanently?

Go back to the things you wrote down yesterday - write down what you think God might say about those things to contradict the feelings of shame.

Write

Pray

God, if you are real, make yourself real to me.
Help me to believe and experience your unconditional love for me.



DAY 22

Reflect

How does the way you view yourself compare with the way God views you?

Writing from God's perspective, complete the following phrase as many ways as you like: "[Your name], to me you are _____."

Draw on what you know of God's nature.

Here are some Bible verses that may help: John 1:12; John 15:15; Romans 8:1, 35-39; 1 Corinthians 6:19-20; Ephesians 1:3-5, 11; Ephesians 2:10

Write

Pray

God, if you are real, make yourself real to me.
Help me to believe and experience your unconditional love for me.



DAY 23

Reflect

Do you feel that God has spoken to you about his love for you?

If you are following Jesus, what has changed?

Do you have a new sense of peace?

Are there any areas where you know more freedom since finding God?

Write

Pray

God, if you are real, make yourself real to me.
Help me to believe and experience your unconditional love for me.



DAY 24

Reflect

Are you at the point of being able to say with conviction, “God really does love me deeply”?

If so, how does this affect your life?

If not, what do you think is getting in the way?

Write

Pray

God, if you are real, make yourself real to me.
Help me to believe and experience your unconditional love for me.



WEEK 5 LIFE



Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

Colossians 3:1-4



DAY 25

Reflect

How is your life different now compared to when you felt distant from God?
What has changed, and what would you still like to see change?

Write

Pray

God, if you are real, make yourself real to me.
Help me to be confident that I can live a brand new life.



DAY 26

Reflect

What has been your experience with church
and church people?

Do you think it's important to be part of a church?

Why/why not?

Is there an area of church life you are interested
in being more involved in?

Write

Pray

God, if you are real, make yourself real to me.
Help me to be confident that I can live a brand new life.



DAY 27

Reflect

How do you feel about having a daily time of prayer and Bible reading?

What might be some of the obstacles?

What has worked for you while doing this 30-day challenge?

Would you know how to go about reading the Bible?

If not, where might you go for help?

Write

Pray

God, if you are real, make yourself real to me.
Help me to be confident that I can live a brand new life.



DAY 28

Reflect

What sorts of thing would you look for in a church Small Group?

And what would you want to avoid?

Alpha is a great space to explore the big questions about life. Or you can experience God, community and friendship on our discipleship experience, Chapter One. What would you like to try next?

Go to kchw.co.uk/sign-up to get started.

Write

Pray

God, if you are real, make yourself real to me.
Help me to be confident that I can live a brand new life.



DAY 29

Reflect

How do you think God has gifted you and called you to serve others?

Is there an area of church life where you might like to serve?

How are you going to get involved?

Write

Pray

God, if you are real, make yourself real to me.
Help me to be confident that I can live a brand new life.



DAY 30

Reflect

Can you foresee anything that might make it hard for you to continue living in a sense of closeness with God as you go forward from here?

What can you do to avoid straying from God in the future?

Write

Pray

God, if you are real, make yourself real to me.
Help me to be confident that I can live a brand new life.



If you have found God through this 30 week challenge, try praying this prayer for yourself:

“Jesus, thank you that you died for me on the cross. Thank you that you rose from the dead and paid my debt in full. I’m sorry for all the things in my life that have been wrong. I now choose to turn away from everything that is wrong, and I choose to follow you. I now receive your gift of forgiveness by trusting what you did on the cross for me. Thank you that I am forgiven and free from the past and that you welcome me home. I ask you to come into my life to be Lord of my life. I ask that you would fill me with your Holy Spirit and give me the strength to lead the kind of life you want me to lead. I give myself to you today. Thank you Jesus. Amen.”



Next steps

If you have made the decision to follow Jesus and prayed this powerful prayer, it’s the best thing you could ever have done. You’ve found God – and more, you have been found.

It is now important that you talk to someone about it. Talk to the friend who introduced you to ‘Finding God’ or contact the church office on 01494 459 901 or office@kchw.co.uk. We would love to help you along the way as you set off on this new adventure.





The King's Centre, Desborough Road, High Wycombe, Bucks, HP11 2PU
Telephone: 01494 459 901 / Email: office@kchw.co.uk