

Tools For Spiritual Growth

What is the most important pursuit for any human being? I feel that it must be getting to know better the Being with Whom we will have the most to do. If we but consider our eternal life for a moment, and consider that after a few score years we will spend the rest of our time loving, beholding, and worshipping the Father of us all and His Son, our Savior, Jesus Christ, it seems rather inconceivable that we would *not* choose to invest time each day in pursuit of a closer relationship with Him.



Why do we call this CD “Garden Tryst”? A tryst, as you may know, is an appointment to meet at a certain time and place, especially one made somewhat secretly by lovers. This image reminds me that, through Christ, I am no longer separated by my sins from God, and I can—as it were—walk in the cool of the day with Him in Eden. I created this set of files for my own use. As a busy homeschooling mom, I found it hard to keep my mind focused on my God during my devotional times each day. Then, by the inspiration of the Holy Spirit, I developed a set of charts (some with the help of other teachers wiser than myself) that has helped me to tarry in richly ornamented, hidden grottoes as I commune with the Lover of my Soul each day. As is so often the case with me, I have discovered, much to my surprise, that my charts are helpful to others. I have been encouraged by members of my church, and by ladies I’ve had the privilege to address across the nation and in Japan, to make them public. I do so in humility, and out of a sincere desire that you be blessed as much as I have been.

Sincerely,

Marcia Somerville

What IS *Garden Tryst*?

On this CD-ROM are all the files you will need to print and assemble a custom-made notebook that will help you to keep focused and productive during your daily tryst with God. The instructions on the disc will guide you in printing all the documents we offer at least once. Over time, as you use them, you can choose how frequently you reprint each one. Included are the “main path” (a two-page daily form that is your usual staple form each day) and then a variety of other charts and forms that you use less frequently for in-depth heart work, prayer, memorization, or study. See page 2 of this document for a list and brief description of these.

What Will I Need?

To assemble your Garden Tryst notebook, you will need the following:

- * A binder of the right size.¹
- * A hole punch that works with your binder.
- * Any divider tabs you plan to use. (We suggest labels for 8-tab sets.)
- * Clean printer paper.
- * A printer, set to duplex (print on both sides or a single sheet).²

Anything Else I Should Consider Before Purchasing?

- * Lampstand Live has available a teaching CD-ROM with a one-hour message about the importance of keeping your daily tryst with God. It is motivational, and is sold in a combination package with *Garden Tryst*.
- * Another option: Lampstand Live sells “starter packs” of *Garden Tryst* forms all printed up in two different formats:
 - In the larger, 8.5" x 11" format, there are 8 colorful, pre-labeled tabs with a week’s worth of forms pre-printed.
 - In the smaller, “day timer” format, the package includes a month’s worth of forms, but no tabs.

¹ *Garden Tryst* forms come in large (standard 8.5" x 11" size) and small “day timer” size (4.25" x 5.5" sheets that are meant to fit easily into a medium-sized day timer notebook).

² If your printer will not do this automatically, simply print your sheets on one side, then turn them over, reinsert them into your printer, and print the other side. Manual duplexing can get tricky, so be sure to try sample pages before doing large print jobs!

Forms included on the disc for both sizes:

Garden Tryst Title	Description
Main Path: 2 pages	This form is intended for use every day, and forms both a guide and an index for the rest of your notebook. Daily, this two-page chart leads you through various spiritual disciplines that can position you to grow and receive great grace from the Lord. Journaling space is included for each of these! The disciplines are arranged in these sections and in this sequence: Read God's Word, Just Talking With God, Adoration, Confession of Sin: Thoughts, Words, and Actions, Preach the Gospel to Yourself, Gratitude Journal, and Prayer. All sections contain index options that allow you to relate them to the forms listed below.
3-Trees Chart	Valuable heart-work chart helps one to dig deeper into the root causes of sinful behaviors in reaction to life's circumstances. Use with self and/or children.
Truth/Lies Scripture Chart	John Loftness's helpful chart helps us see the lies we are believing. These usually underlie sinful behavior, and cause us to be deceived as to why we are engaging in ungodly actions. Use with self and/or children.
Pattern Discovery Worksheet	Are you often anxious, or angry, or discouraged? Record instances of sin here. You will begin to see patterns in your sin. What triggers it? What circumstances tempt you most? Keeping a detailed record here can show you what you can't see otherwise.
Bad Fruit/Good Fruit Chart	There is a detailed example of the way to fill in this chart in these instructions. It helps you to plumb God's Word for helpful definitions of both your sin and God's antidote for that sin. For instance, what is the corresponding good behavior to adopt when you stop being angry, or impatient? (Love, according to 1 Corinthians 13.)
Lord's Prayer Chart	Scott Somerville's chart uses the Lord's Prayer as an organizing paradigm for praying through a passage of Scripture. (See detailed directions on pages 16-17.)
Gratitude/Praise	Allows you to expand your journal of gratitude and praise. A thankful heart is the sign of a healthy Christian! Bitter, resentful people are not grateful. How many such charts can you fill?
Memory Verses	Are you memorizing Scripture? Record/review your verses on these handy charts.
Pray Through Scripture	Record the first part of your passage on the left, then journal your prayer down the page. When you slow up, write in the next portion of Scripture on the left, and journal again. Very helpful!
Prayer	Record prayer requests here, and then check them off so you can build your faith for future requests. These charts are flexible so you can use them either as sequential lists (referenced by date) or use one page per person, and index them alphabetically.
Sermon Notes	If you want to carry your notebook outside the home to church, you can record your sermon notes on these charts, and then have them handy for reference or review.
Thematic Study	If you want to go deeper into a topic (like gossip, or the majesty of God) use this chart to record relevant passages and/or gleanings from commentaries or insights you have gained in study.
Plans/Projects	I am a Martha; these charts are often the salvation of my Quiet Time. With them handy, if I become distracted by brilliant ideas about ongoing projects, I can jot any and all ideas down here quickly and then return to studying God's Word.

If you would like a general idea of the **Main Path form**, you can go to the URL listed below, and read the third part of Marcia's three-part encouragement from the *Distaff* archives for September: **Passing the flame involves keeping our own flames burning HOT! (Part III)**

<http://www.tapestryofgrace.com/distaff/archives09-05.htm#ActualEncouragement>