



SEEK
SEEK

AND SEIZE

DR. TIMINEY FIGUEROA



Welcome Message

Welcome to 4:30AM Thursdays w/Dr. Tim, a sacred time set apart to seek God's presence, GROW spiritually, and align our hearts with His purpose. This is a seek and seize moment. It's a sacred opportunity to seek God with our whole hearts, to press into His presence, and to lay hold of His promises and purposes for our lives. In this intentional pursuit, we align ourselves with His will, listen for His voice, and seize the destiny He has prepared for us. It's not just a routine; it's a divine encounter that has the power to transform every aspect of our lives.

This prayer journal is your companion for the journey, helping you reflect, record insights, and stay engaged with the Word of God. Each week offers a guiding theme to inspire prayers, meditations, and actions. Let's embark on this transformative journey together.

Weekly Focus

- January 9: Sacrifice
- January 16: Resilience
- January 23: Building Habits vs. Having Habits
- January 30: The Power of Consistency

How to Use This Journal

Prepare: Set aside a quiet space for prayer and reflection.

Reflect: Meditate on the weekly Scripture and guiding questions.

Pray: Write your prayers, thoughts, and revelations.

Act: Commit to actionable steps inspired by each week's theme.

SACRIFICE

Key Scripture: Romans 12:1

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

This week, our focus is SACRIFICE—What it means, Why it matters, and What God does in response to it.

1. UNDERSTANDING SACRIFICE

Sacrifice, the act of surrendering or offering something up, often carries a stigma that keeps us from achieving success. The discomfort or inconvenience associated with sacrifice can make us hesitant. We're so focused on what we're giving up that we miss what we stand to gain. When God told Abraham to take Isaac up to Mount Moriah and offer him as a sacrifice, Abraham obeyed. He even told the servants, "Stay here; I and the lad will go up to worship."

Abraham understood that what looked like sacrifice was really worship. His obedience wasn't just about surrendering Isaac; it was an act of trust and faith in God.

2. THE EXCHANGE IN SACRIFICE

We often focus on the cost or the loss of sacrifice, but sacrifice is never about loss alone. It is an exchange. And with God, it's an exchange for something greater.

Romans 12:1 reminds us, “In view of God’s mercy, offer your bodies as a living sacrifice, holy and acceptable to God—this is your true and proper worship.”

Sacrifice isn't about forcing God's hand; it's about aligning ourselves with His purpose and demonstrating our faith. A sacrifice is like a good faith deposit. While working in real estate I learned that a good faith deposit, or earnest money, is a payment a buyer gives to show commitment to purchasing a property. That money is held in an escrow account managed by an attorney until the buyer meets all qualifications to finalize the purchase. In the same way that Abraham offered Isaac as a good faith deposit until he qualified for the promise, we must be willing to make a commitment to receive our promise. His sacrifice was an act of faith, a declaration of trust in God's provision.

3. THE BENEFITS OF SACRIFICE

Sacrifice is a way to demonstrate our faith and commitment, and God responds to our acts of surrender. Even in the midst of his test, Abraham told Isaac, “The Lord will provide”, and God faithfully provided a ram in the bush. Although one of the greatest benefits of sacrifice is being able to trust in God's provision, sacrifice has many other benefits.

Alignment with God's will: Sacrifice teaches us to relinquish control of our lives and trust in God's greater plan. When we are in alignment with God, we can experience the peace, comfort, and security that comes from knowing we are walking in His divine plan. *"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty." Psalms 91:1.*

Demonstration of Faith: Sacrifice as a demonstration of our faith, is a statement that we believe God will meet our needs and exceed our expectations. This level of faith pleases God. That's a great benefit in itself, that we are pleasing to God. Proverbs 6:7 says, *When our*

ways please the Lord, he maketh even hour enemies to be at peace with us.

Spiritual GROWth: Sacrifice stretches us, strengthens our walk and sets the stage for God to show up. Paul helps us in 2 Corinthians 12, “*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.*”

Sacrifice often leaves us feeling weak or vulnerable, but it is in those moments that God’s strength and provision are most evident. Sacrifice sharpens our spiritual discipline and refines our character. It makes room for God to do something greater.

Reflection Questions:

1. What is one area of your life that God is calling you to sacrifice for His glory?

2. It’s a sacrifice, but what are the benefits?

Prayer Prompt: Lord, show me what You desire for me to offer as a sacrifice. Teach me to trust You even when the sacrifice feels great, and remind me that every act of surrender brings me

closer to You and Your purpose for my life. Help me to embrace sacrifice as worship and to believe that You are always faithful to provide. Amen.

Action Step: Identify one tangible thing to sacrifice this week (e.g., time, comfort, habit) and dedicate it to God.

RESILIENCE

Key Scripture: Romans:5:3-4

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

And patience, experience, and experince, hope."

Resilience is not just about surviving challenges. The goal of resilience is to **GROW** from challenges. Growth requires embracing challenges rather than avoiding them. Here are three ways to embrace challenges to build resilience:

Accept the Challenge

Romans encourages us to glory in tribulations.

This is how we acknowledge the reality of the situation without denial or avoidance. Acceptance is the first step to engaging with a challenge. As we glory in tribulation it allows us to be shaped in a godly and positive way.

Adapt to the Challenge

Tribulation works patience. It is the process of adapting through perseverance. Tribulations test us, and as we adjust our mindset and responses, we develop endurance. This adaptation is part of the refining process and

one of the reasons that flexibility is key. We must approach challenges by shifting our mindset and methods enabling us to **GROW** stronger and more resourceful.

Advance Through the Challenge

The progression in Romans, from patience to experience and ultimately to hope reflects advancement. As we grow through our trials, we move forward spiritually, gaining deeper trust in God and a hopeful outlook that fuels further resilience. Move forward with intentionality. Use the lessons learned to take proactive steps forward. Advancement ensures the challenge becomes a stepping stone rather than a stumbling block.

By framing challenges through these steps, Romans 5:3-4 becomes a roadmap for how to transform struggles into spiritual **GROW**th.

Reflection Questions:

1. Identify some of the challenges God used to build your resilience.

2. Which of the three steps, accept, adapt or advance, have you found most difficult and why?

3. How does hope in God sustain you as you GROW through trials?

Prayer Prompt:

Lord, thank you for the strength you provide in every trial. Help me to trust Your process as You use my struggles to build perseverance, shape my character and deepen my hope. Teach me to accept, adapt and advance through challenges, knowing You are refining me for greater purpose. Amen

Action Step:

Reflect on a current or recent trial. Write down which of the three steps (accept, adapt, advance) you are working on and how it has strengthened your resilience. Commit to taking one practical action this week to grow through the challenge.

Thank you for your commitment to 4:30AM Thursdays with me. As we continue in this time of prayer and reflection, I encourage you to be intentional about your journey of seeking and seizing. Don't let this be a one-time experience, but let it ignite a consistent pursuit of God in your daily life. Keep seeking Him with all your heart, for He promises that those who seek will find. Keep seizing every moment to walk in His purpose and claim His promises. May your life be a testament to what happens when we seek Him first and seize the opportunities He places before us. Go forth boldly, knowing that God honors the sacrifice of those who diligently seek Him.