



## DAWG Day Planning Worksheet

Usually, our days are filled with the demands of life crying for our attention; that's why we need to plan personal retreat time with the Lord with nothing on our agenda except to bask in His love, to thank and worship Him, to listen to Him, to intercede for others, to lay your life and activities before Him and let Him give directions.

The Bible promises us in James 4:8, "Come near to God and He will come near to you." He is waiting for you!

Don't rush. The objective is to spend relaxed, uninterrupted time with God. Let Him be your guide as you prepare for your time together.

### General Expectations

- One DAWG Day is available quarterly to Compass staff and each employee is expected to take this opportunity a minimum of **twice** per year.
- Plan the day for **6-8 hours** of intentional time with God
- Scheduled DAWG days should be separated from vacation or mission trips by a minimum of one week.
- You should request each DAWG Day at least one month in advance and add it to your calendar to create anticipation, and help you plan everything else around it. A great idea is to schedule all 4 DAWG Days at the beginning of each year.
- The request should be followed by a DAWG Day proposal giving your direct report a very general idea of your plans for the day at least one week in advance.
- DAWG Days are a gift to Compass staff for spiritual growth and refreshment. Staff are also given vacation and sick days to be used for trips, family, illness, mental health or catching up on life.

### Put It on The Calendar

Planning a DAY AWAY WITH GOD requires intentionality. By planning ahead and getting things done, you can protect that day from other competing opportunities. This can also ensure your work responsibilities are covered, and your team gives you space to meet with God.

### Pick A Place

Find a quiet place: Find a place where you can be alone and free from distractions. You should plan this day away from your home.

### Prepare In Advance

Make a plan for how you will spend your time. This doesn't need to be a minute-by-minute calendar of events, but it should help to provide structure to your time with God. Start by dividing the day into two parts, scheduling the morning and afternoon. You might want to change locations midday and choose a different way to connect with God. It might help for

you to divide your time by hour and have a variety of experiences during your time with God. Whatever you need to do to keep from distractions like social media, napping, answering emails or doing laundry...make a plan.

### **Push Yourself to Try Something New**

Like taking a different route on the drive home from work, trying new things stimulates the mind and welcomes new experiences.

Here are some ideas to consider:

- Read from a different translation of the Bible. For example, the New Living Translation or The Message.
- Experiment with different postures when you pray (laying prostrate, kneeling, sitting, standing, lifting hands).
- Spend some time writing in a journal (a letter to God; a poem or song; or hand-write a passage from the Bible like the Sermon on the Mount).
- Listen to a dramatized audio version of the Bible.
- Fast from food for the day.
- Select a theme for the day (intercession, confession, ministry, or a challenging issue or decision you're facing).
- Search up prayer experiences and try a new form of interactive prayer.
- Care for your body and soul by memorizing Scripture as you work out.
- Be creative and try an art project while you listen to worship music.
- Bring a chair to place across from you as a visual reminder that God is with you.
- Study something specific like the names of God, or focus on a word like justification, persecution, or joy.
- Spend time in nature; go on a hike or find a quiet spot at a local park.
- Try out a new coffee shop and put your earbuds in while you read and pray.

*You could also divide your day into the following categories:*

### **Thanksgiving**

Begin with thanksgiving. Psalm 100:4 tells us, "Enter into His gates with thanksgiving and His courts with praise."

- Thank Him for His patience and forgiveness.
- Thank Him for the privilege of coming into His presence.
- Thank Him for what He has done in and through your life in the last year.

Take time to list what God has done for you. Be specific. Think through every area of your life.

### **Confession**

Ask God to search your heart. Psalm 139: 23, 24

- Confess any sins the Holy Spirit reveals. Psalm 19:12
- Remember the certainty of forgiveness. 1 John 1:9
- Make certain you are walking and praying in the Spirit. Ephesians 5:15-20

### **Praise**

Become still before the Lord. Psalm 46:10

- Consider who God is. Psalm 103
- Praise Him for His attributes. Psalm 145
- Rejoice in your fellowship with Him and that He delights in you. Proverbs 15:8

- Read passages of Scripture and pray them back to God. Psalms 146 – 150
- Sing to the Lord.

### **Intercession**

Pray your way around the world with unhurried, detailed intercession for others. Ask God to reveal the world to you from His point of view as you read Psalm 33.

- Begin with your non-Christians, friends, relatives, neighbors and others the Lord puts on your heart.
- Pray that the people who have never heard about Jesus would have an opportunity to hear and understand the gospel. 2 Peter 3:9
- Pray for those in authority – federal/national, provincial/state and municipal/county government leaders. 1 Timothy 2:1,2
- Pray for Christians ,using Paul’s prayers in Philippians 1:9-11, Colossians 1:9-12, Ephesians 1 :16-19.

*“By intercessory prayer we can hold off Satan from other lives and give the Holy Ghost a chance with them. No wonder Jesus put such tremendous emphasis on prayer!” – Oswald Chambers*

### **Personal Life Evaluation**

Ask for understanding as you read an entire book of the Bible.

- Record insights God gives you.
- Ask God what He thinks of your life. Wait. Listen for His answer.
- Evaluate the use of the time, talent, treasure, education and experience God has entrusted to you. Are they glorifying to God? Do you need to change what you are doing?
- Discuss with the Lord your joys, your sorrows and decisions you are facing. Find promises and directives in the Bible which you can record.

*“The greatest answer to prayer is that I am brought into a perfect understanding with God, and that alters my view of actual things.” – Oswald Chambers*

### **Concluding Your Day with God**

- Praise and thank God for the fellowship you had today.
- Schedule the next DAWG Day.
- Share with someone about your day.

**Use the form on the next page to plan and request your DAWG Days.**

## **DAWG DAY PROPOSAL**

- Q1 Q2 Q3 Q4

- When are you planning to go? \_\_\_\_\_
- Where will you go? \_\_\_\_\_
- What will you read? \_\_\_\_\_
- Does your team have a plan for your responsibilities? \_\_\_\_\_
- DAWG Day Plan: \_\_\_\_\_  
\_\_\_\_\_