

DAWG: Day Alone With God



Overview

Jesus' fruitfulness was directly tied to the time He spent alone with God. He used this time to prepare for major ministry assignments (Luke 4:1-2, 14-15), to recharge after hard work (Mark 6:30-32), to work through grief (Matthew 14:1-13), before making important decisions (Luke 6:12-13), in times of distress (Luke 22:39-44), and to simply be alone with His Father to pray (Luke 5:16).

Like Jesus, many in the disciple making community find that taking a whole day alone with God is extremely fruitful. They generally receive great ideas, new insights, and a spiritual and emotional refreshing.

The following explanation is meant to be an idea-starter to help you plan your own DAWG. Like anything in life, the way you get good at it is by doing it—so block out a day on the calendar and make it happen.

Getting Started

1. Plan ahead:
 - Choose a day (preferably each month) on your calendar for a DAWG. It is helpful to decide on the same day each month in order to develop an ongoing rhythm.
 - Choose a location. Parks or outdoor nature reserves are good locations when the weather is suitable. You may prefer an indoor setting such as a seminary campus, Catholic church complex, retreat center, empty church building, or a friend's cabin.
2. What to bring:

Make sure to bring along appropriate clothing, especially if you will be outdoors.
Also bring your Bible, journal, and headphones, if you plan on listening to worship music.
3. What NOT to bring:

Leave behind your laptop, books you are reading, and folders you are working on. It is also highly recommended that you leave your cell phone in your car or put it on airplane mode to listen to worship music during the day. Phone calls, text messages, and social media notices can be a huge distraction.

4. Things you can do:

- *Praise*. Listen to worship music and praise God as you travel to your location.
- *Walk while Praying*. You may want to spend at least the first hour doing this.
- *Read sections of Scripture*. Take notes and pray over things that stood out to you.
- *Pray More*. Pray for all of your family, ministry partners, prayer requests, etc. You may want to structure your prayers using the Lord's prayer.
- *Listen*. Allow the Lord to speak to you about anything in your life, what you need to stop doing and start doing.
- *Journal*. During the whole day use your journal to write down questions you have for God, adjustments He is wanting you to make, personal insights He is revealing, and things He is showing you to pursue.
- *Dedicate*. Wrap up by telling God of your determination to DO certain things and to STOP doing others.
- *Share*. Tell your spouse or a close friend about your time. This reinforces what you've learned and helps it stick. It also creates accountability as you confide the commitments you have made.

Other Options

Do a DAWG with others: Many have found that this day works well with their spouses or their ministry teams. Plan ahead to do some of the activities together and some apart. You may also want to share insights at the end of the day and receive communion together.

Do a DAWG while fasting: Sometimes fasting helps focus your spiritual energy more intensely. But if "visions of sandwiches dance in your head," fasting could actually divert your attention away from developing your relationship with the Lord. You must do what is best for you.