

Ten Days In Your Personal Upper Room Guide

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DAY 1: Earnest Intercession

The prayer experience in the Upper Room launched a life of prayer for the disciples' entire ministry. Through prayer they developed trusting hearts. Through prayer they established an attitude of dependence on God. Through prayer they acknowledged their weakness and were seeking strength. Through prayer they admitted their ignorance and sought wisdom. The disciples openly recognized their limitations and cried out for His all-sufficient power. "Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him." (*Steps to Christ* p. 93)

Reflective Questions for Day 1 in your personal Upper Room:

- Will I prayerfully claim God's promises?
- Will I encourage others to join me in praying for the outpouring of the Holy Spirit?
- Will I reorder my priorities to spend more time with Jesus in prayer?

DAY 2: Deeper Faith

In Day 2 of our personal upper room we will focus on our faith. Faith grasps the promise of the Holy Spirit as a divine reality. It believes Jesus' promise to grant us His Holy Spirit. Faith that enables us to receive God's gifts is itself a gift. It grows as exercised in appropriating the Word of God. As we behold Jesus through His Word, the Spirit who inspired the Word grows our faith (Rom. 10:17).

Three practical ways to increase your faith in your personal Upper Room:

1. Expect the Holy Spirit to grow your faith as you study God's Word. Believe the Spirit who inspired the Bible is going to accomplish miraculous changes in your life as you persist in studying the Word
2. Apply the promises of God's Word to your life. What convictions is He bringing to your mind?
3. Act on the "measure of faith" that God has already placed in your heart. If the Holy Spirit impresses you to do something, do it believing you will be richly rewarded as you act on His Word.

DAY 3: Heartfelt Repentance

Repentance is an attitude of deep sorrow for sin. We do not want to hurt the One who loves us so much by our sinful actions, attitudes, and choices. And repentance involves even more than turning away from sin. It involves a change of heart. Things that we once enjoyed, we will now dislike, detest and despise.

Questions to ask yourself in your 3rd Day experience in the Upper Room:

- Are there things in my life that I'm convicted are not in harmony with God's will?
- Do I have certain attitudes that are not like Jesus attitudes?

- Do I knowingly hold on to habits that need to be surrendered?
- Am I willing to humble myself before God in heartfelt repentance and ask Him to forgive me for my sinful attitudes and behaviors?

DAY 4: Honest Confession

Confession of sin has always characterized genuine revival. Confession opens the heart and clears the way for the mighty outpouring of God’s Spirit. On the other hand, unconfessed sin becomes a hindrance to all that God desires to do through His church. Solomon said, *“He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy”* (Prov.28:13). We will not prosper spiritually unless we are honest with ourselves and with God.

Reflective Questions for Day 4 in your personal Upper Room:

- Have I harbored critical thoughts?
- Have I spoken stinging hurtful words?
- Have I been impatient or unkind?
- Have I been lax in keeping the Sabbath or unfaithful in returning tithe?

DAY 5: Loving Unity

During the ten days in the Upper Room, the disciples confessed their petty differences. They repented of their jealousy and pride. Their hearts were filled with love for their Savior who gave His life for them. Their selfish ambitions were swallowed up in their love for their Master.

Reflective Questions for Day 5 in your personal Upper Room:

- Are there times when my personal opinions create conflict in my home or church? What can I do to reduce that conflict?
- If I have feelings of hostility toward another member of the church, what practical steps can I take to reduce the conflict?
- If I have been wronged unnecessarily and I’m struggling to relate to the one who hurt me, how can I take the initiative to fix our relationship?

DAY 6: Self-Examination

The purpose of self-examination is to discover those areas of our lives that have been hidden from our eyes. All of us have blind spots about recognizing defects in our characters. At times the Holy Spirit leads us to take a spiritual inventory to determine just where those blind spots are. *“Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting”* (Ps.139:23-24). God’s goal in this process is to lead us closer to Him. And self-examination may be painful at times. The Holy Spirit may reveal things about ourselves that we have not known before. The Lord does not reveal these things to discourage us. He reveals them so we can confess and surrender them to Him to receive His forgiveness and cleansing. He wants to heal the broken relationships in our lives.

Prayerfully reflect on these questions on your Day 6 of the Upper Room experience:

- Is there anything lurking deep within my soul that would hinder me from receiving the fullness of the Holy Spirit?
- Am I willing to give God permission to take anything out of my life that is not in harmony with His will?
- Is there something in my life I have been unwilling to surrender?

DAY 7: Sacrificial Humility

Humility is an attitude of loving service that does not inflate one's own importance. It is constantly concerned about the needs of others. In the humble heart, self is not the center of the universe. Humility leads us to be others centered. The focus of humility is giving not getting. It desires only good for others and does not use them to accomplish its own ends. Humility is one of the characteristics that God values most because His own Son, Jesus, humbled himself. In your own reflection of Day 7, read Philippians 2:3-4; Col 3:12 and James 4:6.

Then reflect on these questions on your Day 7 of the Upper Room experience:

- What does it mean for a person to “esteem others better than himself/herself”?
- What is “lowliness of mind”? How can we put on lowliness of mind?
- Explain why God “resists the proud, but gives grace to the humble.”

DAY 8: Obedient Surrender

Something remarkable happened in the Upper Room. The Holy Spirit brought deep conviction to each of the praying disciples. In the light of Christ's eternal sacrifice on the cross, they recognized that their own commitment was superficial. They realized the shallowness of their own surrender. They opened their hearts to the fullness of the Holy Spirit's working and totally committed their lives to doing His will.

Reflective Questions for Day 8 in your personal Upper Room:

- Is the Holy Spirit convicting me to surrender anything in my life right now?
- Is there something that I cherish that God may be calling me to surrender? (Not necessarily a sinful habit or behavior) Could there be something I put before God?
- Read Ps. 51 in its entirety and ask God what He desires to teach you as you read.
- Meditate especially on verses 10-13

DAY 9: Joyful Thanksgiving

By day 9 in the Upper Room the Savior had forgiven their sins. Their guilt was gone. Their best friend Jesus was now at the right hand of God's throne in heaven ready to supply all their needs. The disciples open their hearts to God's overwhelming joy and their hearts were filled with thanksgiving and praise. And they continually expressed that joy when they went outside the upper room.

Reflective Questions for Day 9 in your personal Upper Room:

- Is anything in my life robbing me from the joy Jesus longs for me to have?
- Spend a few moments considering all you have in Christ. What are His greatest gifts for you?
- Do others around me see His joy reflected in my life?
- Are joy, thanksgiving, and praise feelings or choices?
- How can I choose to be thankful even when I do not feel thankful?

DAY 10: Passionate Witness

The first century Roman society was dominated by political intrigue, rampant materialism, self-centered pride, all-consuming greed, unashamed immorality, and religious superstitions. Sounds like our society these days, doesn't it? Fortunately, the Great commission comes with a great promise. Jesus said, "*All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all nations.*" (Matt 28:18-19). And right before He ascended to heaven He promised, "*You shall receive power when the Holy Spirit is come upon you.*" (Acts 1:4). The Holy Spirit empowered the witness of these disciples, and the results were remarkable. Hearts were touched that day. Lives were changed that day. Three thousand people were baptized.

Reflective Questions for Day 10 in your personal Upper Room:

- Why would God pour out His Spirit of power to witness if His people have little interest in witnessing?
- Am I willing to reorder the priorities of my life so that I can be a more faithful witness for Jesus?
- Will I lay aside my own personal agenda and commit my life to the one thing that Jesus came down to earth to die for? To save those who are lost?
- Who is my personal "Theophilus" or "Theophilus(es)"? Write down the name of 1 or 2 individuals you will pursue with prayer, friendship, bible study and leading to join the last day movement.