



## QUIET REFLECTION

Unblocking the Well • John 4:9-26, Isaiah 12:3

Second Saturday, January 11, 2020

These questions are meant to help you respond to the teaching and to dialog with the Lord. Before beginning ask Him to quiet your mind and give you freedom to hear His counsel and share your heart. Pray for guidance in choosing questions that are most relevant to your life and His purposes for you at this time.

1 Invite the Lord to speak personally to you about the issues below.

~ Identifying with the woman at the well: Do you feel there is something “less than” or unacceptable in your past that disqualifies you?

~ Places of blockage: Is God working to break open the flow of His life in some part of your life? Ask Him to make that clear.

~ Deflecting His questions or counsel: Are you aware of ways you close yourself from acknowledging things God wants to speak to you about?

- Ask God to show you why you do that.

- If you need help opening your heart and life in a certain area, ask for His light, that you would see this from His viewpoint and receive help in being transparent with Him.

2 Process: Paul and Chris both talked about process. Like the woman at the well, we must usually return to our challenging circumstances, though we ourselves have experienced growth and healing from the Lord. Let Him show you barriers you might put up, and how to resist them.

- Temptation to say: “I’m bad, then.” We go back to an attitude about ourselves that God has been transforming.

### The Creativity of the Holy Spirit

Quiet reflection—also called journaling, is meant to extend beyond processing of feelings and thoughts. One of its main values is in giving God time to speak to us! For example:

#### ☛ Listen

Is He asking questions of you?  
Is He providing much needed counsel—His interpretation of your inner thoughts?

#### ☛ Dialogue

Conversation with the Lord brings much understanding and draws us closer to Him.

~ Invite Him to speak to you. Wait in the quiet. Respond. Wait again, etc.

~ Write a letter, poem or psalm to express your heart.

#### ☛ Images that Speak

~ Draw a picture or symbol of what is on your heart.

~ Ask Him for an image that depicts how He sees you or something you’re concerned about at this time.

#### ☛ Editing Your Story

Ask Him to bring to light any assumptions or perceptions embedded in your heart and story that are not true. What is true that He would write in place of what is written there?

#### ☛ Quiet

Invite the Lord to minister to you in the quiet. Whether with words or in the simple awareness that He is present with you, let Him “restore your soul” in whatever way you need. • You may want to journal and reflect on this time later.

- Wanting to avoid feelings of vulnerability before the searching presence of the Lord. Is this an area where you need His help to remove your fears? (Consider how He spoke to the woman at the well.)
  
- Importance of asking God for a new focus, on Him rather than our life circumstances. His deeper question for us: “Do you want Me?”
  
- Looking for the entry point to the “wells of salvation” available to you in this situation. Where is God offering you His *living water* – His love, His purity and truth, in exchange for your efforts to manage a situation? (Recall Chris’s story of coming to the end of her resources and finding He was waiting to provide what she couldn’t do herself.)

3 Chris talked about the love behind everything Jesus spoke to the woman at the well. Use these three questions as you consider the dynamics of their conversation.

- + **RECEIVING FROM HIM** ~ Have I recognized fully how the Lord speaks to me in this way? Is it difficult to receive His love in this area? Could I be more responsive to Him?
- + **HIS AFFIRMATION** ~ Do I actually live out of the affirmation of the Lord’s love in this area of my mind/heart?
- + **DRAWING ON HIM** ~ Where do I need to draw on the “wells of salvation” with more freedom, trust, consistency, etc?

a) Jesus engaged her in dialog over personal aspects of her life that showed He knew everything about her. She mattered.

b) Jesus associated with a disrespectful person. He showed respect toward her just by talking with her. He took her seriously as a woman in a culture where women were lower than men, and as a human being, not defined by her sins.

c) Jesus spoke truth to her: the true nature of her lifestyle, and the truth about Himself as Messiah. He then sent her to tell others about Him. His correction came in the form of hope, conveying to her: "I expect the best from you."

4 Jesus opened doors she would barely have understood: that He was the source of living water – the quencher of thirst, that God sought worshippers who worshiped in Spirit and in truth, and that He was Messiah. She was then to “preach” to others. Jesus entrusted to her a divine message. What role would this have played in how she and her neighbors would value her from then on?

5 What is on your heart, and on God’s heart, for your life—your relationship with Him? Frame this question in your own words so that you can examine your own heart and then lay down your thoughts. Listen. What would the Lord say to you today?

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SECOND SATURDAY will be at Hope Church, Richfield on February 8, 2020  
8:30 – 11:30 am (Beverages at 8:15)  
7132 Portland Ave. S., Richfield

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Topic for February 8<sup>th</sup> :

Recovering Our Thirst for God | Jeremiah 2:13 • Jeremiah 17:7-8 • Matthew 5:6

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### INTRODUCTION TO HOPE CHURCH

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At Hope Church we are working to create a “cross-over” community where people of all ages and life stages learn from each other and serve the Lord together. Together, we delight in worshiping Jesus through old and new music, praying, and listening to sermons. We dig deep into learning more about our faith through Bible classes and parent connection opportunities. From the young adult to the 90-year-old, we all have something to learn from the Word and more to build in our relationship with Jesus—and at Hope, we pursue that in fellowship with one other.

#### ☞ To Our Second Saturday Friends ☞

**Please join us** as part of our morning of fellowship at Hope Church. The Lord spoke to us three years ago about sharing the experience of Second Saturday in other churches. We are looking forward to this opportunity to encourage others to learn about, or to go more deeply into listening prayer. We also look forward to meeting and getting to know some of the members of this vibrant church.

You, our Second Saturday friends, are an important ingredient of what we hope to share. For example, when we gather in prayer triplets, we would love to have you contribute to that part of the morning just by being part of a triplet with people who may not have experienced listening prayer in that context before. **Please pray** for us as we prepare, and for those who will come on the 8<sup>th</sup>: 1) for the message and worship that will bless and strengthen those who attend, 2) that we will all be enriched as we are together in the presence of the Lord, and 3) that we will come thirsty and hungry for time with the Lord.