
FOR QUIET REFLECTION DURING HOLY WEEK, APRIL 5-11, 2020

Second Saturday, All Things New Prayer Ministry

We pray that as you come before the Lord this week, God's guidance will be clear to you. Consider the deep value of bowing before him as he speaks into your life in this holy season. As you pray and journal, let him lead you beyond the questions below. What is on your own heart? What other questions does he have for you?



- 1 Jesus: Interview with the Woman at the Well (Jn 4:1-26)
As Chris shared, there are times when God must uncover the assumptions that underlie issues we are struggling with. When Jesus encountered the woman at the well, it was clear that he understood everything about her and why she had come to the well in the heat of the day. His probing of our hearts is meant to set us free. ▪ Invite the Lord to lead you in this way. Ask him to shed light on places where you aren't at peace. What is underneath your attitude and feelings? How would he cleanse and free you?
 - 2 Jesus: Receiving the ministry of Mary of Bethany, who anointed his feet with precious oil (Jn 12:1-3)
Diane described how she was led, during her prayer time, to be on her face, worshiping the Lord. ▪ Ask the Lord to speak to you about the worship of your heart. What does it mean to him?
 - 3 Jesus: Asking the blind man: "What do you want me to do for you?" (Mk 10:46-52)
Paul mentioned this encounter. It was obvious that this man was blind and needed his sight restored. In our experience, there may be times that our focus on our own struggles, which God certainly sees, causes us to question whether God can really free us or help us. Our hearts are "on the shelf" – unreceptive to Jesus' love and power. ▪ Ask the Holy Spirit to show you if you carry this attitude about something in your life.
 - 4 Jesus: Washing the Feet of the Disciples (Jn 13:12-17)
What does Jesus' example of ministering to and serving one another mean to you? Ask the Lord to give you a deeper personal appreciation of what he was modelling for all of us who serve him.
 - 5 Jesus: On the Cross
Paul described a holy encounter with Jesus, who looked Paul directly in the eyes from His place on the cross. Amidst the indescribable suffering of Jesus, he focused on Paul and smiled. His suffering was on Paul's behalf. What does this say to you as you consider your relationship with the Savior?
 - 6 Reconciliation with God and Others
Ask God to bring before you anyone you need to forgive. On the back of the journaling sheet there are steps to use in forgiving someone who has wronged or hurt us. It includes several steps that make forgiveness a more complete and positive process.
 - 7 What is the most meaningful thing God is speaking to you about, or doing in your life in this season?
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As God cleanses us more deeply in this season of repentance, our need to forgive and be forgiven is primary. By the Holy Spirit and God's word, we ask God to point out forgiveness issues we may not be aware of. (See Heb. 4:12-13 and Ps. 103:8-14 in the right hand column.)

— FORGIVING

- 1) Name what was done against you. Avoid words that justify or excuse the act or offense. Using the words for what really was not right will also help you forgive what really happened to you.

Though you may understand why someone did something, as part of your forgiveness you do not have to excuse them or take responsibility for their choice. Naming what you suffered or experienced as a consequence of someone else's betrayal or offense will help you to fully release them.

- 2) Speak out what you are forgiving them for. For example: "Lord, I **forgive Mrs. Smith for her negligence** in letting her dog run wild, and **causing me to be hurt** as a result."

You may realize at this point that you're not ready to forgive. You may recognize that there are deeper issues that have impacted you through this relationship. The Lord will help you identify them: losses, hurts, additional offenses you will need to forgive, and also blessings and gifts associated with the circumstance.

— RELEASING FROM JUDGMENT

Release this person from any judgment you have held in your heart toward them. Ask God to help you identify and name what judgments you are carrying.

We are judged in the same way we judge others. Only God can judge. In this step, we're also acknowledging that there are many things about them that only God knows, remembering that they deserve His grace and forgiveness just as it has been extended to us in similar circumstances.

— ASKING FOR FORGIVENESS

- 1) In this step, identify and ask forgiveness for sinful ways in which you responded to someone who offended you. Again, avoid generalities such as, "Lord, I am sorry for any ways I reacted." Try to name specifically what you did.

Example: "Lord, I **have held a grudge** toward _____, and talked negatively about her to many people. I am sorry, and as I **forgive her now**, please **forgive me for closing my heart to her and exposing her sin to others.**"

- 2) Here we identify and ask forgiveness for sinning against another.

Example: "Lord God, I confess that I have sinned against You and **other** by **name the sin and its impact on others**. In Jesus' name, I ask for your forgiveness. (Include any other issues regarding this sin, and His pardon.)

— RECEIVING ABSOLUTION (I John 1:9)

In Christ's name, receive the forgiveness promised in I John 1:9. Or, if you are praying with someone else, ask them to proclaim it over you. Or bring your sin before the Lord when you next participate in Holy Communion (Eucharist) and receive the words of absolution spoken by your pastor.

— BLESSING | Ask the Lord to lead you in bringing blessing and closure from your prayer time.

- » How do you want God to bless those you have just prayed about?
- » What requests do you have of the Lord, that He may bring restoration to your heart?
- » Ask that the Lord "seal" in you the work done at this time, and keep you in His love and freedom.

Ask the Spirit to send His light and God's word

Hebrews 4:12-13 • For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Remember, He draws you with mercy and love

Psalms 103:8-14 • The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.