QUIET REFLECTION | Second Saturday, October 10, 2020

These questions may help you dialogue with the Lord, sharing heart-to-heart. Choose the ones that seem most significant for your life at this time. Ask the Lord to quiet your heart and give you freedom in sharing your thoughts with Him, even as you listen for His words of life for you. Let Him show you where to focus this morning and use the other questions in the days to follow. (*See journaling suggestions on the back of this page.*)

\* 1 ~ Isaiah 30:21 And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, saying, "This is the way; walk in it."

Sue and Tom shared about a season of transition when the counsel of the Lord was needed at every turn. There were many facets to their story. Did anything in particular stand out about their faith and God's faithfulness?

- a) In what way would you like the Lord to make you more aware of or responsive to His voice in times of uncertainty?
- b) Ask the Lord how He wants to further strengthen and teach you to know His voice and trust His guidance.
- c) If you are in a time of uncertainty over an issue in your life, ask the Lord to speak to you about it today. Give Him time—listen in the quiet. Write down, or pray into what you are hearing from Him.

2 ~ Luke 6:47-48 I will show you what someone is like who comes to me, hears my words, and acts on them. That one is like a man building a house, who dug deeply and laid the foundation on rock; when a flood arose, the river burst against that house but could not shake it, because it had been well built.

Paul talked about hearing God's words in daily circumstances. Peter was inwardly refined in His relationship to Jesus, and with himself. Philip responded to God's voice in a dramatic way in the course of his daily life.

Consider how God speaks to you in the course of each day. What do you treasure about it?

Ask the Lord to show you from His point of view what is solid and well-built in your life, and what else He wants to build into it.

X3 ~ Lamentation 3:22-25 The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him." The Lord is good to those who wait for him, to the soul who seeks him.

Chris shared about a prayer time where the Lord showed her how, in His eyes, our uncertain times are opportunities for Him to express His love to us. In these times of vulnerability, we may be more open to receive His words and His tangible help. In the process, we develop a deeper assurance and bond of love with Him. Has this been your experience in times of uncertainty?

 $^{\sim}$  Ask the Lord how He would open your heart to His loving help in an area of struggle in your life.

- a) Are there barriers to receiving that steadfast love?
- b) Is there a word of hope He has for you?

c) Is He asking you to wait for him, or to seek him more seriously in prayer?

# The Creativity of the Holy Spirit

Quiet reflection—also called journaling, is meant to extend beyond processing of feel-ings 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?

### Milliogue

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.