



QUIET REFLECTION | Second Saturday, November 14, 2020

CALLED TO COURAGE: FOLLOWING HIS LEAD ~ Matthew 14:27-31; Judges 6:11-14

Let these questions guide your reflections on the morning. Ask the Lord to quiet your thoughts, help you listen, and give you freedom to share with Him whatever is on your heart. Let Him speak into areas of your own story now and in the days to come. † *On the back of this page are alternative ways of reflecting on the questions below.*

1. What stood out to you in the stories offered this morning? What is it about the courage and faith of those who shared that inspires or encourages you?

a) Kate's unexpected journey with her parents

b) Paul's reflections on these stories:

~ Peter on the water

~ Gideon, a "mighty man of valor"

c) Paul's reflections on his own story

2. Invite the Lord to speak to you in the context of your own story. Do you need courage, or the faith to follow Him at this time? Ask Him: "Lord, what do I need to understand or act on in this area of my life?" Take time to listen for *His* response. Ask Him for what *you* feel you need.

~ See Box • What personal meaning does this word hold for you?

In praying for this day our planning core received this impression.

+ Jesus was gathering His people in from the cold, i.e., these difficult times in our world, into a circle around a fire. It is a time to be with Him and with one another. 1) There is intimacy among those gathered as they share their stories with each other. *We hear our own stories differently when we share them with others.* This can be beneficial, showing us things we might not see on our own. 2) Jesus is present with us, in our circle. He wants us to also know He is actively with us **IN** our stories as well. 3) In each person there's a softly glowing inner room where He would meet us individually, spending more time with Him in exchange for the time we would have given to other people and activities in more normal times.

3. **Developing a Hearing Heart** | We may not recognize our barriers to hearing from God or recognizing His voice. Our relationship with Him provides the soil and nurture we need to trust and grow as ones who follow the voice of the Shepherd—never the voice of a stranger (John 10:3-5). Over time we can develop a history with Him. We do know His voice and when it is He who is speaking. **ASK the Lord:** Are there barriers keeping me from developing a heart that listens and responds to Your voice?

Would God speak to me?

Ask for conviction and help: “Lord, show me any reason why I would assume You would not speak me?” (E.g., not taught through example or scripture; not encouraged to listen or expect that God would speak to us; feel there are special, spiritual people He speaks to; that it’s presumptuous or even risky to expect to hear from God.)

Am I fearful of hearing from God?

Ask Him to show you any fear you have of what He might say to you, or call you to do? Is there anything that makes you hesitate to open yourself to His counsel?

How do I feel about recognizing the voice of God and also responding wisely about what I may hear?

Ask the Lord to teach you how to recognize and respond to His voice. [Over time He will increase your ability to steward what He speaks to you – to know when and when not to act on what He has said until you sense it is His time and place.]

Who is the Holy Spirit to me? (See Lk 11:9-13; Jn 16:12-14; Rom. 8:26-28; I Cor. 2:10b-13)

ASK for the indwelling Holy Spirit to train and guide you in the many ways He leads God’s people and equips us to respond with courage and faith.

4. (Jn 6:5-11; 26-40) When feeding the 5,000, Jesus received the tiny offering of loaves and fish from a small boy. In our prayers for you the Lord showed us that He will receive the little we have to offer as His servants, many of us feeling spent. † “But give me the little—come, give it to me! I am the bread of life.” We have come to Him, the Bread of Life, to feed.

† What is the little gift, the hunger, or the need you bring today to Jesus?

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.