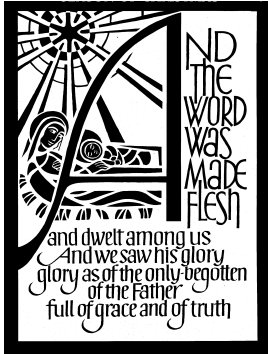


## Quiet Reflection ✚ WORDS OF REVELATION AND HOPE

Luke 1:26-38 • John 10:7-10 • Ephesians 3:14-21



Second Saturday, December 12, 2020

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.

✚ See **The Creativity of the Holy Spirit** on this page for different ways of expression, other than writing, that will help you respond to the questions below.

1. What in particular stood out to you in the stories offered this morning? Write down your impressions and ask the Lord for more light on what He wants you to understand.
2. Paul's Reflections • Paul's reflections illustrate the importance of our awareness and openness to the Lord. Even in difficult or unexpected moments, we, like Isaiah and Mary, may be asked to yield to His call. Consider Mary's response: "Let it be unto me as you have said." Dialogue with the Lord about the responsiveness of your heart. Are you to yield to Him about anything He is asking of you at this time, or in the future?
3. Anne's Story • Like Mary's story, Anne's involved saying yes to the impossible plans God had for her—plans that would bring hope into others' lives. Does anything she shared speak to you about your own life? Listen in the quiet for what the Lord would say to you.

### 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.

4. Kim's story • There are two sections related to Kim's story. The first is more general, exploring how it is that the Spirit's work in us can help us grow in God's love. The second (p. 3) will help you invite the Lord into a memory this morning. Choose the one that is most meaningful to you today. Use the other for a quiet time during Advent.

⊕ **Do you identify with any part of Kim's life/story? Does one of these questions, prompted by her story, fit for you?**

- a) Ask the Lord for a word or image that expresses how He sees your relationship with Him.
- b) (Rev. 3:20) Envision Jesus knocking at a door—seeking admittance to your life. What do you feel, or how do you want to respond?
- c) (Ephes. 3:20) Paul describes the work God would do in us as *"immeasurably more than all we ask or imagine, according to his power that is at work within us."*<sup>20</sup> This includes experiencing the dimensions of God's love described in vs. 17-19. Are there barriers in your life to the fullness God has for you? Ask Him to show you if there is anything blocking His love and power at work in you, keeping you from the abundant life Jesus offers.

### Ephesians 3:14-21

<sup>14</sup> For this reason I kneel before the Father, <sup>15</sup> from whom every family in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,<sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

<sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen

✝ In her story, Kim talked about connecting with God through simple moments of peace and appreciation.

a) If you like, write about a memory like this, expressing your gratitude by telling God what you especially enjoyed, and how you felt. Then, invite him to show you in what ways he was with you. (No need to “overthink,” just describe even faint thoughts or impressions.)

b) How was he showing you his personal love?

c) Reflect on what changes within you when you become aware of God’s presence or love. This can be surprisingly hard to describe, but try to find a word or phrase. Consider sharing it in your triplet.