



Second Saturday, January 9, 2021

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. Matthew 11:28-30**

*Come to me, all you who are weary and burdened and I will give you rest.*

- † What do you see as a significant need at this time in your life? How does it affect you? *(It may be helpful to draw a picture of the need, as you experience it.)*

Ask the Lord to help you see this need from his point of view. Write, or draw a picture of what he shows you.

3. *Take my yoke upon you ... learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

- † In what sense might you be carrying a burden yourself rather than coming alongside Jesus in his yoke? Listen for what He wants to tell you about this.

**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.

- + Jesus, in his gentleness and humbleness, shows us the Father's heart. He IS "the door of the sheep" Jn 10:9 and knocks at the door of our heart so we will invite him in. <sup>Rev. 3:20</sup> As was shared in our stories, each person sensed in some way that through their need, a door was opened, giving them deeper assurance and experience of Father's love for them.

Ask the Lord: What is it about your love for me that you want me to accept—to live by, going forward?



*The woman at the well had many barriers because of her lifestyle and other deficits. None of them were obstacles to Jesus, who obviously knew all her sins and habits. He brought them into the light, and then turned her forward with new understanding and acceptance, to begin anew. He explained that if she drank the water he gave, she would never thirst. John 4:1-26*

4 . **FATHER'S HEART** ~ Both our need, and Jesus' redeeming love, are doors to Father's love. If you feel you have a barrier in place and cannot trust that our heavenly Father loves you, ask him to help you name that barrier and why it's affecting you.

~ Is there an area of your life where you need to ask for forgiveness? Is there any reason for you to feel ashamed, or hesitant to approach the Lord?

~ Ask him to give you courage to come into his presence, to speak the truth to you about the issues that concern you. Then, ask Him to show you how he would redeem this area of your life as you accept his forgiveness and cleansing.

- + Blessing: Ask the Lord to pour new waters of life into the dry places of your heart, and to revive your spirit so you can receive God's love and pour it out to others. [Ask those in your triplet to also pray blessing over you.]