



Healing Words That Renew the Soul ✚ Quiet Reflection

Let these questions guide your reflections. Ask the Lord to 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. Don't feel you must answer every question. During the coming week, go back to the ones that require more reflection and prayer.

SCRIPTURES Isaiah 61:1-4 • Hebrews 4:12 • Psalm 139:1-18 • Ephesians 3:14-21

SESSION 1 ROOTED IN GOD'S LOVE ✚ Wired for Connection: Brain Science Helps for Receiving from God

- 1 Renewal of your soul • How does the Lord want to speak to you in light of this session's messages?
- 2 Psalm 139:1-18 • *Consider the reflections of David, who wrote this psalm. He marvels at how his every thought is known ahead of time by God. Everything about him, and every day's experience is known to Him. Even in the womb, God was there intricately forming him in wonderful ways.*
 - ~ How do you respond to David's testimony? What does it mean to you that God knows you?
 - ~ Is there anything about the reassuring words of this psalm that brings healing or renewal to your heart? Is there anything you would like Him to make real to you?
- 3 Reflect on your experience in Kim's practicum. What was most significant, and why?
- 4 Diane's Story • *God opened a door of healing in Diane's life by identifying a wrong message about her belovedness to Him. One clue about her need was that it was a painful part of her story.*
 - ~ Ask the Lord to identify a wrong message you are carrying. Where are its roots?
 - ~ Pray that He will begin a new work in you: replanting you in His love and opening closed off roots in your heart, so that you can *draw on* that unconditional love.
- 5 *Redemption / Renewal* • *As God heals and renews us in the core of our life and being, the redeeming work of Jesus will "rebuild" former things and make them into giftings and convictions. Out of these we will serve Him.* Is there something in your thoughts or your life that you want Jesus to redeem and use? Commit this to Him and see that "... he is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us ..." (Eph. 3:20-21).

SESSION 2 AFFIRMING WORDS ✚ Watering and Deepening Our Roots

- 1 Affirming words water the soul • How does the Lord want to speak to you in light of this session's messages?
- 2 Closed to what feeds us ~ As John shared, we may find it hard to receive the loving, affirming words of Scripture. Ask the Holy Spirit to show you any hindrances buried in your heart things that rob you of the nourishment of His love.
- 3 *Paul described Jesus' relationship with his Father as a feast table, marked by love and acceptance. This image has helped Paul choose upbuilding words of the Lord rather than discouraging ones.* ~ Ask the Lord to show you where He would, a) focus your eyes and ears on His positive words, and b) reject inner self talk that tears you down.
- 4 Sources of nurture • In your relationship with the Lord, what is nurturing to you? What role does fellowship with trusted friends, with whom you can be transparent, play in your life? What place does time apart with the Lord have in your life? Is there something you feed on that is not nurturing to your soul? Tell the Lord what it is that you desire from Him?
- 5 Ask the Lord to show you any deeper areas in your heart that need healing so that you can receive God's love, and also flourish in the things He has called and equipped you to do.

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.