



QUIET REFLECTION † Second Saturday • April 10, 2021

Affirming Words from the Author of Life

Revelation 3:20, Song of Songs 2:14, John 10:2-4, 7-11, 14-15

During these times of quiet reflection, we are asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time. We then wait, listening for His response. Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart.

- 1 † Perhaps something from the stories shared this morning created in you a hunger for more depth or transparency in your relationship with Him. Write a letter or prayer to the Lord, expressing how you want to enrich your communication with Him.
- 2 With these words, “aligned with the Lord ... anchored in His Word,” Jenny summed up the fruits of a painful season in her life, which revealed a need for more time in His Word.* *“My very life is to point to God’s desire to breathe his life into each of us, to testify to that which I know is true so that others may believe, and to bear the fruit that comes from eating the Word. My life is not my own.”* • She concluded with this invitation to us from Isaiah 55:1-3: “Come, all you who are thirsty, come to the waters . . . Give ear and come to me; listen, that you may live.”
† At this time in your life, how can you relate to Jenny’s story? Ask the Lord for a word or a picture of how He sees the role of His Word in your life at this time, and what more He has for you. What more do you desire?
- 3 Kate spoke about the use of our words, including what others, and we ourselves, have spoken to ourselves. The Lord showed her: a) the need to wash off some of those words, and, b) to consistently speak His words over the circumstances of her life at this time. She concluded with Ephesians 3:14-21 (NLT), reminding us that God’s encompassing love is deep, wide, high, and long—and His power at work within us is beyond all that we could ask or imagine!
† Ask the Lord to help you see how Kate’s message applies to you. Let Him show you any words that need to be washed off, or words you are to speak out in faith.
- 4 Chris spoke of relationships as soil in which we’re rooted. Healthy, loving relationships call us forth, **affirming** who we are and what is true about us. Only our Maker can speak words tailored just for us, and bring to light untrue words that steal the potential of our being. He wants to see OUR face and hear OUR voice because we are precious to Him (Song of Songs 2:14). Our relationship with Him is rich soil, affirming who we are and forming us as we trust and obey His words. We come to know both His voice and heart through the words of life He speaks to us.
† Ask and listen for the affirming word of the Lord for you today. Pray that He will amend the soil of your life, removing what is not true and helping you steward well what is true.
- 5 Elaine’s story was full of examples from her life that speak of how the Lord wants to express His love to us, individually. QUOTES: *“Don’t let your limitations limit Me.”* • *“He knew what delighted me, and when I least expected it, He would leave me ‘love notes’ ... little signs that He had fashioned me for His love.”* † Ask the Lord to help you notice and welcome the signs of His love for you. What is your prayer for a more expressive relationship with Him, and greater boldness in laying hold of the promises of His Word?

NOTES: *Jenny’s full family story is available at <https://allthingsnewprayer.org/sermons/> ~ April 2018 retreat, posted May 4, 2018
Jenny’s portion begins about 35 minutes into the session.

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.