



QUIET REFLECTION ✚ Second Saturday • October 9, 2021

Seeking God: A Future and A Hope

Jeremiah 29:11-13; Acts 13:22

During these times of quiet reflection, we're 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.

RESPONDING TO PAUL'S TEACHING

1. Is there an area of your life, in your past or present, perhaps a wound, act or attitude, which you believe is beyond the Father's will to heal or forgive or change? Write it down before him; ask him what his will and purposes for you are (Jer. 29:11-13) about this area.
2. David, who struggled with his own willfulness, was "after God's own heart." Do you believe that God knows the truth of your heart? Are there offerings of praise, thanksgiving, and repentance you wish to pour out to him...with the confidence of David?
3. How do you see your life reflected within David's struggling obedience? What encouragement and guidance do you receive today from the Lord about your process before him?

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.

RESPONDING TO CHRIS'S TEACHING

1. Resonance: God's voice vs other voices + Are you aware of voices that influence you, but do not align with God's love and truth? Try to name those voices and their messages. Ask the Lord to retrain your ear and heart to identify His voice in whatever way that applies to you.
2. Blockages to whole-hearted seeking + Chris suggested several possible blockages to receiving God's love:
a - that our lives—our days are not valuable to God; b - we don't feel God wants to know us; c - we don't expect a hopeful future for ourselves; d - our self-perception is negative, contrary to God's version of who we are

What do *you* want to ask of the Lord? Ask Him to show you how He wants to bring changes, removing blockages so you can seek Him with all your heart.

3. Image of God – is it accurate? + Write down, or draw a picture of how you see God in relation to yourself. What do you notice about your version of God's image that is contrary to scripture. For example: "*Long ago the Lord said to Israel: 'I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.'*" Jer. 31:3 NLT
4. Giving Him access + Chris named three ways in which our measures of God's love may work against us.
a - We may be trying to earn His love instead of operating in the love He has for us, our hearts open to Him.
b - Our hearts may not be yielded and soft toward the Lord, preventing His loving shaping of our hearts and lives.
c - We are not willing to open our future—our story, to believe Him for the new things He has for us.

Let the Lord speak to you about inaccurate measures of His love that are barriers to His work in your life. Let Him show you why you feel as you do.

5. At the heart of it all + Do you believe that God cares to know you, and be known by you? Our heart is what matters to Him. Dialogue with Him nurtures our relationship. Ask for light on something you care about at this time. Let Him show you what matters to Him in this situation.