



## QUIET REFLECTION ✚ Second Saturday • November 13, 2021

### Acquainted with All My Ways

*Psalm 139:1-4; Song of Songs 2:14-15*

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. Are there areas or issues you deal with where you have judged yourself? What do you hear the Father speaking to you today about those judgments?
2. Do you believe the Lord truly knows your heart? What does he see within you, and how does he speak to you about what he knows?
3. Is the Spirit giving you discernment to recognize critical or shaming voices speaking into your soul, some perhaps of long standing? What truth is the Father breathing into you about those voices? What love and life is he saying to you instead?

#### RESPONDING TO CHRIS'S TEACHING (Scriptures on reverse side)

1 - II Corinthians 2:15-16; 3:2-3 | Written on My Heart ■ What is there, written on your heart, of the love and character of Jesus? Ask Him what you carry, in your heart, of His fragrant work that is pleasing to 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.

2 – Song of Songs 2:14-15 | *In the Cleft of the Rock* ▪ We each have a unique relationship with the Lord. Think about your times apart with Him. Ask that you would be able to see those times from His perspective.

- What more does He want to “hear” from **you**?
  
- What does it mean to you that he would also want to “see **your** face,” the unique person you are? (Is there a reason you would not Him to see your face?)

3 – Editing | *Notice Misperceptions* ▪ In His presence – in the light of quiet times with the Lord, we can ask deep questions, inviting Him to search our hearts and thoughts. You are fully known by the Lord.

- a) Let Him direct you to a time or incident in your life that left in you a wrong impression of His heart, or His character.

b) Our stories are complex, buried deep in the past, but they greatly influence how we live our current lives.

- What would you ask of the Lord concerning your own history?

- What would the Lord re-define, remove, or affirm and call forth, from your earlier life?

II Corinthians 2:15-16; 3:2-3

For we are the aroma of Christ to God among those who are being saved and among those who are perishing, to one a fragrance of death to death, to the other a fragrance from life to life. ~ You yourselves are our letter of recommendation, written on your hearts, to be known and read by all men; and you show that you are a letter from Christ delivered by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

Song of Songs 2:14-15

<sup>14</sup> O my dove, in the clefts of the rock, in the crannies of the cliff, let me see your face, let me hear your voice, for your voice is sweet, and your face is lovely. <sup>15</sup> Catch the foxes for us, the little foxes that spoil the vineyards, for our vineyards are in blossom.

## GARDEN OF THE HEART PRAYER

*Adapted from prayer training, taught by Leanne Payne.*

### IN A QUIET PLACE, WHEN YOU HAVE TIME TO OPEN YOUR HEART BEFORE HIM

When praying this prayer, we envision ourselves and Jesus together in a garden.\* We are relying on him, that he will show us what he would like to do in our inner life. Begin by praying that he would give you discernment about what he shows you, and help you trust his voice and guidance as you ask these questions. Come with a quieted heart, and with each step, take time to listen, and to process what he is showing you. [Use a notebook so you have room to respond.]

#### 1 Notice what the garden looks like, and where the Lord is, waiting for you.

- ☞ Where in the soil of the garden of your heart is there something buried—something the Lord would unearth, remove, or speak into in some way?
- ☞ Wait in the quiet – ask Him to show you where and what it is. The significance of what he shows you may be clear to you. If not, he will help you to name what it represents.

#### 2 How does he want to deal with this issue or event, etc., and its influence in your life?

- ☞ Perhaps you sense that you are to tell him what you would like him to do with it.
- ☞ Perhaps he will show you what needs to be done with it. Watch what he does. Do you understand what he is saying to you or showing you?

#### 3 Is there something that is to replace what was removed from the soil of your garden?

- ☞ Is there anything else the Lord would do or say to you?
- ☞ Take time to rest – let these impressions and prayers sink in. Let him continue to minister to you in the days to follow.

\* You may want to recall how he met the woman at the well (John 4:4-42), or Mary's encounter with him at the garden tomb on Easter morning (John 20:1-18) or ponder the message of Song of Songs 2:14-15.