

QUIET REFLECTION ✚ Second Saturday • January 8, 2022



Holy Spirit: Present In All Times, In All Places

Psalm 139:7 - Where can I go from your Spirit? Where can I flee from your presence?

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. What in your life might you be afraid to fully release into God's hands for his purposes, to be fulfilled through the Spirit?
2. Are there portions on the feast table God has prepared for you that you are trying to refuse?
3. As you look at the gifts and blessings the Father has given you, are there those you are assuming control of, or believe that you define how they are used, or are unwilling for them to change?

Responding to Chris's Teaching

1. Blockages ✚ Do you have difficulty trusting the Holy Spirit because of how others may have represented Him, or because you had a negative experience as people exercised spiritual gifts in wrongs ways?
~ If needed, ask the Holy Spirit to help you name *what* you experienced, and exactly *how* it has altered your relationship with the Lord.

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.

~ Is there a person or organization you need to forgive?

~ In what way do you feel the need for healing and/or fresh faith? Ask the Lord to show you how He wants to meet you in these areas.

2. Desire for Renewal & When we feel stagnant - like we are not growing spiritually, it is the time to ask the Lord to stir us, and to give us a hunger for the work of the Holy Spirit in our lives. Is this true for you?

- Feel stagnant? Sometimes, we have simply lost confidence and expectation about the ministry of the Spirit because of our own perceived limitations. Ask Him to speak to you about a spiritual gift or area of ministry in which He wants to work through you—to carry it in prayer, or serve Him in some other way.

- Pray that he would—like a wind blowing chaff from a plant, free you of debris that has clung to you and kept you from using the gifts and pursuing the purposes of the Spirit through you.

~ What does the Lord desire and intend for you? At this time, what kind of service would he call you to? Or, is there something he wants to reveal to you about his plans for your future as his child/servant?

~ What would you like to ask of the Holy Spirit?

3. How do you respond to Chris's remarks, that we cannot imitate or borrow someone else's ways with the Spirit? We need to know Him and His ways for ourselves.

Personal Relationship with the Holy Spirit As you have grown in understanding and ministry with the spiritual gifts God has given you, what gives the most joy? How have your experiences with leading of the Holy Spirit drawn you closer to God's heart? Is there more He wants to give you? Is there some aspect of the Holy Spirit that you want to understand or experience in a deeper way?

FOR FURTHER CONSIDERATION AND PRAYER ~ Consider these ways in which the Holy Spirit works.

1) I Corinthians. 2:9-16 ~ The Spirit gives us understanding of what God has freely given us, and He teaches us in his own language, not according to human wisdom. He gives us discernment that can only come from him. In verse 15, Paul says: "Who has known the mind of the Lord so as to instruct him? But we have the mind of Christ."

2) Romans 8:22-28 ~ The Spirit prays within us and for us. He searches our hearts, and knows God's mind and will for us. He intercedes for us according to God's purposes, all of which work for good.

3) I Corinthians 12:2, 4-7,11 ~ The works of God are done through us, for the common good, and the Spirit gives us spiritual gifts for the different kinds of service required.

4) I Thessalonians 5:19-22 ~ Paul's instructs us, that we not quench the Spirit, utterly reject prophecies, but examine everything, holding firmly to what is good – rejecting evil.

5) John 16:12-15 ~ ¹²"I have much more to say to you, more than you can now bear. ¹³But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴He will glorify me because it is from me that he will receive what he will make known to you. ¹⁵All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you."