



**We Are Fearfully and Wonderfully Made – Session 2**

*Psalm 139:13-15 • Ephesians 3:16-21*

NOTE: There are separate journaling sections for this session: 1 - Reflections on Kim's *Gratitude Exercise* that will draw you into the Lord's Presence, as described in her talk (p. 3), and, 2 - Responses to Chris's message about nurture, affirmation, and restoration in areas of our lives (p1 & 2).

1. Kim's Teaching: Reflect on a time when you felt fully alive, deeply satisfied with what you were involved in, doing something you truly enjoyed. Maybe you felt accepted, valued, and relaxed, or at peace in that particular moment.
  
2. Rooted in Love / Ephesians 3:16-21. Read this passage. What stands out to you? Let the Holy Spirit speak to you about what He has for you. Reflect on what you desire and need. In what way do you want to be more rooted in His love?
  
3. Vision and Fruits
  - a) Knowing that the Lord's affirmation and nurture prepare us to bear fruit, is there something specific on your heart — a way in which you have wanted to be called forth? Open your heart to the Lord. Ask Him to show you more about your desire, and, to be given His perspective on it.
  
  - b) The Lord is always calling your name—calling you to go deeper. He is constantly transforming you according to the creative vision He has for you. Is there something the Lord wants to call forth, or affirm? What is He saying to you today?
  
4. Do you perceive the Spirit's robust presence within you, a constant sense of your Father's delight in you, and the reassurance of your Shepherd's guidance? What do you want to ask, or offer to him?

**Ephesians 3:16-21**

— *I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.*

*And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp*

*how wide  
and long  
and high  
and deep*

*is the love of Christ,  
and to know this love  
that surpasses  
knowledge*

*—that you may be  
filled*

*to the measure of all  
the fullness of God.*

*Now to him who is  
able to do  
immeasurably more*

5. What has spoken the most to you about your relationship with the Lord, and with yourself? What has impressed you about the ministry and love of the Holy Spirit – especially in the context of His deep ministry in hidden areas of our history and hearts?

These are questions meant to engage you in the days ahead. Ask the Lord to teach you new things, and equip you with greater confidence in the ways in which you're called as His servant.

DURING OUR GROUP TIME   11:45-12:30	In our prayer groups we will pray for the one area in your life that has stood out to you during the morning.
-------------------------------------	---

### REFLECTING ON KIM CARLSON'S GRATITUDE EXERCISE

- 1 – Write or draw your impression or response to the memory God gave you. What would you title the memory?
- 2 – Write about your gratitude to the Lord for that experience:
- 3 – What do you sense may have been his response, or what do you think his response would be to you, his grateful child?
- 4 – Were there any new insights he gave you about how he sees you and who he created you be:
- 5 – How did you feel in your body and emotions during the gratitude exercise? (This question helps engage your whole brain, as a whole person.)

## **ATN Retreat 4/9/22 – Gratitude exercise with listening prayer – highlights**

1. Tune in and notice your own feelings — where you are at right now — with compassion.
2. Quieting down — calming nervous system by relaxing, breathing, closing eyes, etc. *Note: an opening dedication or protection prayer may also feel calming. This had been offered for the retreat as a whole and was not included here.*
3. Pray for or choose an appreciation/gratitude memory to think on. Remember and savor the details for a minute or two.

*(It can be anything peaceful, but the suggestions I used for this retreat theme were: a time when you felt fully alive, or deeply satisfied with what you were involved in, or doing something you truly enjoyed. Or else when you felt accepted, valued, relaxed or at peace. Otherwise it can be something as simple as a really good cup of coffee, a conversation you are thankful for, something small you saw in nature, something you see the Lord doing, or just being here right now.)*

4. Feel and express gratitude to the Lord — thanking the Lord for the gift of that moment. You might share your gratitude for what he's done, or who he is. Or whatever you want to tell him about whatever you're thanking him for — such as what about it you especially enjoyed and appreciated!
5. Receive from him and/or enjoy peace — notice either what his response may be to you about having opened your heart and thanked him, or perhaps simply feeling the peace of taking a quiet prayerful moment. Breathe these in, and *receive*.
6. Optional: you may try asking him additional questions from this peaceful place. *(Note: “What” questions are the most fruitful. Avoid “why” questions. It’s often helpful to do this part with others who can encourage you about what you are sensing, or help troubleshoot problems that may arise, especially if you find this part frustrating or disappointing.)*

*Questions suggested for the retreat —*

*Lord, what do you have for me here in this special moment I am remembering? How does it relate to who you have designed and created me to be?*

*And/or, Jesus, what do you love about me? What do you see in me?*

*Notice impressions that come — and bring peace.*

### 7. Closing prayer of gratitude

8. Put into words, written or aloud — may include the memory description, perhaps a title, your gratitude to the Lord, what you sensed from him — words, pictures, songs, feelings, peace, etc. Share with others if you feel comfortable, and/or pray into it, putting what you received into practice however you are led.

9. Post check in with self; how are you feeling? What brought peace?