



QUIET REFLECTION ✚ Second Saturday • May 14, 2022

All My Days, Written in His Book • Psalm 139:15-24 • Revelation 3:20

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.

Testimonies: If there is something significant that the Lord has done in your life during these months of Second Saturday, **please write it down during journaling.** We will share these testimonies in our triplets, or in the large group, following Communion.

1. NURTURE • *"to care for and encourage the growth or development of"* • Ps. 139:15
~ God formed you, and you are fully known by Him. • Ask the Lord if there are aspects of your being that need His **nurture**—areas that have not been called forth, or that need completion. Do you want to ask Him for development and nurture in a particular area of your life?
2. PLANNED FOR • PS. 139:1-7, 16
~ Think about the value God places on you – that He has searched you, known you and planned for you as His loved one. What is on the Lord's heart for you at this time? What is of value to the Lord in the way you spend your days?

– Value of your life | Ask Him to show you any way in which you have discounted, or failed to recognize the value of your life. Let Him show you why this may be, and ask Him to work in you, to enable you to see yourself through His eyes.

Psalm 139:15-24

¹⁵ My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. ¹⁶ Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

¹⁷ How precious to me are your thoughts, O God! How vast is the sum of them! ¹⁸ If I would count them, they are more than the sand. I awake, and I am still with you.

¹⁹ Oh that you would slay the wicked, O God! O men of blood, depart from me! ²⁰ They speak against you with malicious intent; your enemies take your name in vain. ²¹ Do I not hate those who hate you, O Lord? And do I not loathe those who rise up against you? ²² I hate them with complete hatred; I count them my enemies.

²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!

Revelation 3:20

²⁰ Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.

– Renewal of your vision | Invite the Lord to continue the development, creativeness, and fruitfulness of your being and your days, and where needed, to renew or expand your vision.

~ Something New? | Is the Lord preparing new ways for you to express yourself. This could include your call as His servant. Does He have something new for you that will bear new fruits in your life?

3. REDEEMED • *Revelation 3:20* ~ *Chris shared about inviting Jesus into our inner lives, especially in light of the grace we have been given through His bearing of our sins.*

Does Jesus desire more transparency, nearness, or trust from you? Is there a blockage, keeping you from the fullness of His grace and love? For example, let Him show you if you are trying to pay for your sins apart from the Cross?

4. “CELEBRATING MY SMALLNESS” • In response to the reflections of David, we may choose to be at peace with our dependence on God. In every way, this psalm reminds us of the goodness, power, and care of our Maker, which can give us deep peace. We aren’t meant to carry the weight of things, but to bring them to Him and rest in God’s Lordship and word.

~ Ask the Lord to show you where you are carrying something that He has already carried – or wants to carry for you now? How would He have you lean on Him and pray from a trusting heart, knowing He will “hold you fast” (Ps. 139:9-10)?

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.

5 . SEARCHING OUR HEARTS / Accepting His Grace (Vs. 19-24)

~ Cleansing our thoughts David repented of his hatred of the “wicked” and asked God to search and know his heart. Are there attitudes in your heart, toward “enemies” or any others, that the Lord wants to change?

Ask Him if there is any other area of your heart that He wants to bring into the light?

~ Our Sins Ask the Lord for confidence and willingness to let go of what you have done, or failed to do, and if needed, ask for His help in fully accepting His grace.

6 . Song of Songs 2:14-15 *My dove in the clefts of the rock, in the hiding places on the mountainside, show me your face, let me hear your voice, for your voice is sweet, and your face is lovely.* ¹⁵ *Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom.*

~ What else is on your heart today: a need, or perhaps words of love to Jesus? Speak to Him your words of love, gratitude, etc. And in the quiet, listen to what the Lord would speak to you, His loved one.

Open Space --- Reflections | What else did the Lord speak to you about this morning? What else would you like to express to Him?