

## QUIET REFLECTION † Second Saturday · October 15, 2022

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### Opening the Flow of God's Love † Choosing to Pursue His Healing Paths

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.

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- 1 Song of Songs 2:14-15 ☞ The Garden of Your Heart: Ask the Lord if He desires to be invited into a particular place in your story? Ask Him to shed light on the particular season or event that comes to mind? Is your impression of that time the same as His?

☞ A sweet time of feeling known and loved by the Lord?

☞ A time when a "fox" spoiled something God meant for good?

☞ How do you respond to the loving invitation in this passage: "Let me see your face; let me hear your voice . . ."

- 2 Loved by the Lord: **In the days ahead**, continue to ask the Lord what else He would show you about His heart, and your own?  
~ Ask Him to show you if your heart is receptive to His love for you — of seeing YOUR face and hearing YOUR voice.  
~ Is there any reason you don't feel He wants time with you?  
~ Are there any "foxes" stealing from your relationship with Him?  
~ What most pleases the Lord about the times you spend with Him?

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I John 5:14-15 ☞ As we ponder our own questions, we may need to ask afresh that the Holy Spirit would work in our lives and hearts, renewing our reliance on Him as our guide and source of healing. Remember that asking the Spirit's presence and help is **a door**. Issues from the past may still need healing. With hope, we can invite Him there, as He only can show us what He wants to do in that part of your life. He does not do everything all at once! He knows what progression is wise, having discernment that we do not have. We trust Him to take us one step at a time.

☞ Do you have a need for healing that you may only be able to understand in His light? Ask Him what is at the core of what you are feeling or sensing? Ask Him to come into your heart and shine His light on the place where you feel the need for His healing.

#### Song of Songs 2:14-15

"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."

#### I John 5:14-15

<sup>14</sup> And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. <sup>15</sup> And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

Isaiah 53:4 -5 Below is input from the Second Saturday planning core as we asked what was on His heart for all of us participating this morning and this year.

- ~ Image of a root-bound tree that perhaps had too much water. Roots are meant to go deep. This is like those suffering with emotional/physical pain. We are to pray for our roots to go down deep so we can draw on Him and bear fruit for Him – that which He wants us to bear. ♦ This also speaks to our coming to the Lord’s Table. At the Cross we confess and repent regularly. Every time we come, there is pruning as we give Him access. This is an illustration of this whole year. Where the garden is dormant it receives pruning and preparation with unbound roots. By spring we will see these things as fruits of the Spirit—God building the Body.
- ~ Image of light, shining in a new way to reopen our senses so we are more able to walk in the light. We are a garden fit for His Kingdom to come, which means His will shall be done!
- ~ Sensed a disconnection from Jesus, that we may not realize that He is walking with us. We are to TRUST Him to work in the soil of our heart
- ~ Image of tangled roots that are not able to get nutrients from soil, which is His love. To draw on His love we need to have an awareness of our need.
- ~ We are hungry. We need to see our “garden of the heart” and our roots from His perspective. The sowing in our garden never ceases, though it may be rocky. We still reap from a vine we didn’t plant – that is, His garden. What the Lord sees, and what we see about the fruit may be different. Also, it seemed that some pots that were crowded. Their roots needed larger pots. Some need His work in a specific part of their garden. It is important that our eyes see, and ears hear in the moment. He wants us to be fully open to what he is saying to us right now. He will give us light for our darkness!

**Isaiah 53:4 -5**

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.  
5 But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.



- 1 Are you trying in any way to pay for a sin, or earn forgiveness, instead of accepting His work on the Cross? Ask Him to show you how you understand and draw on His mercy and healing power. Does this contrast with the reality of what He offers?
  
- 2 God’s measures of love and our willingness to grow ♦ The Lord desires transparency and strong bonds of caring love – with Him and one another.
  - ☞ Do you sometimes want to opt out of the changes that come with the healing the Lord has for you? Ask Him to help you name those things.
  
  - ☞ Do the words of the planning group resonate with you? Ask the Lord how He sees the roots of your life, in your “garden of the heart.”
  
- 3 Ask the Lord to speak to you this morning about His love for you. Then take a few moments to listen. What does He want to tell you about His love for you?
  
- 4 Encouragement: Ask Him to give you encouragement and any other input that will help you know He is pleased with you.

Out of His love for you, does He desire more access in some area of your heart?