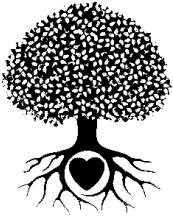


QUIET REFLECTION † Second Saturday · November 12, 2022



New Perspective † Defined by Father's Love

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.

1. SELF-IMAGE – What defines us?

DEFINE + Determine/identify the essential quality or meaning of something; what characterizes or distinguishes something.

Merriam-Webster Dictionary

SHALOM + Definition of broad Hebrew meaning of "**Shalom**" | **Peace** → Definition, note at John 14:27, Quest Bible, NIV
"The Biblical concept of peace has at its root the meaning of 'totality,' or 'completeness.' Important nuances of meaning include such things as fulfillment, maturity, soundness, wholeness, harmony, security, well-being and prosperity. Also connotes absence of war and freedom from disturbance."

***JOHN 14:27** *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

What is your self-image? How would it compare with God's version? Simply ask Him to help you recognize the right description of how you see yourself.

- a) What do you feel defines who you are, in both positive and negative ways?

- b) Read the Hebrew definition of *shalom* — the peace of the Lord, resident in your heart. As you ponder this, ask the Lord to help you identify what is missing of the peace of His presence within you.

- c) In what way do you feel conflicted? Ask Him to help you see how this may be connected with your self-image.

- d) Reflecting on how you define yourself † Ask the Lord to help you identify ways in which He values you.

Ask for help in recognizing gifts and characteristics that you could value and use as an expression of who you are.

3. THE HOLY SPIRIT'S WORK ✚ REDEEMING OUR HISTORY!
ALL THING WORK TOGETHER FOR GOOD

The work of the Holy Spirit is key to the healing we may need, especially because we cannot often see or name things that have deeply wounded or limited us in some way. These passages, I Corinthians 2:9-10, and Romans 8:26-28, so clearly assure us that He discerns the deepest recesses of our hearts and stories, and works for our good. (See also: I Corinthians 12:4-11. When we need inner healing, the gifts outlined by Paul are much needed.)

a) Is there a specific area in your life where you need the discernment and work of the Holy Spirit? Of the questions below, what would be helpful for you?

~ Ask the Lord to make a way for you ... to open a season of healing in your life.

~ Ask the Holy Spirit to lead you into a time of discernment—for His help in searching your heart. Invite Him to intercede for you, and/or, lead you to believers who would pray with you, relying on the Spirit to provide the spiritual gifts needed.

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

b) Redemption! As part of their healing journeys, each of today's speakers have shared how the Lord is redeeming their lives.

~ Wait on the Lord. Is there something in your life that the Lord wants to redeem? Ask Him if there are barriers in the way of what is on His heart for you.

~ Is there something in your life that you want the Lord to redeem?

4. Be still before Him. Let Him speak to you about whatever is on His heart for you today, and in this season of your life.

I Corinthians 2:9-10 —

⁹ However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived"—the things God has prepared for those who love him—¹⁰ these are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God.

Romans 8:26-28 —

²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.