

QUIET REFLECTION ✚ Second Saturday • February 11, 2023



## Affirmation ✚ Seeing Ourselves Through His Eyes of 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.

## Paul's Message

- 1) What is a place or circumstance or time in which you did not feel beloved by God, whether recently or in memory's wounded past? Ask the Holy Spirit to bring this before the Father to hear what he says to you today.
- 2) Ask the Holy Spirit to "disturb your soil," to reveal where you still have a false portrait of who you are, or where you have settled for less than the treasure you are, as God's created child.
- 3) As you read again Psalm 23, ask the Holy Spirit to shepherd you into discernment of how "goodness and mercy are with me now and in all the days of my life . . .".

## Chris's Message

- 1) Ask the Lord to help you recognize where you feel the need of his shepherding in your life. Let him show you where you are trying to manage without him, missing the growth and blessing he intends.

- 2) Many of us have a memory, or self-awareness about something painful that negated us in some way. For example, at some level we may feel rejected.

~ Ask the Lord to show you if there is a painful label or message operating in your heart or thoughts. Let him show you what is at the root.

~ How would he replant this root or replace this label with his affirming version of who you are?

- 3) Affirming one another

~ When were you last affirmed by a remark or compliment applied to you by someone you trust? What was the fruit of that word?

~ Ask the Lord if there is anyone he wants to affirm through you. What is it he wants to affirm about them?

- 4) Paul talked about times in our lives when we have not felt beloved by God. These questions build off of his message.

~ *Many people live with a love deficit. When we haven't received love in early years it can be hard to expect, or be receptive to, God's love. Read Ephesians 3:14-21. God knows every family. By His Spirit and the presence of Christ within us, we can experience all the dimensions of God's love.*

⊕ Ask the Lord to shed light on your heart and its history. What would he change about your "receptors" and your desire for the affirmation of his love for you?

⊕ Speak to him as your Shepherd. What is the prayer of your heart for the restoration of your soul?

## **Ephesians 3:14-21** —————

<sup>14</sup> For this reason I bow my knees before the Father, <sup>15</sup> from whom every family in heaven and on earth is named, <sup>16</sup> that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith — that you, being rooted and grounded in love. <sup>18</sup> may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

<sup>20</sup> Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

## **Psalms 23** —————

The Lord is my shepherd; I shall not want. <sup>2</sup> He makes me lie down in green pastures. He leads me beside still waters. <sup>3</sup> He restores my soul. He leads me in paths of righteousness for his name's sake. <sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. <sup>6</sup> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

## **Song of Songs 2:14-15** ———

O my dove, in the cleft 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. Catch us the foxes for us, the little foxes that spoil the vineyards, for our vineyards are in blossom.

- 5) Chris shared about something the Lord showed her about affirmation, and how it can supply a missing piece of how a person is designed. Once that piece is in place, a person can operate as they're meant to do.
- ~ Let the Lord show you if this dynamic applies to you in any way. Give him time to help you understand how to pray into it – to bring it into his light and perhaps begin a season of healing.
- You may feel that this doesn't apply to you. Ask the Lord if there is anything else He wants to show you about how He has created you.
  - If he leads you to pray about this, ask him if there is something missing or "unplugged" in the context of how he designed you. Is there something he wants to call forth —where affirmation of a talent or quality may be needed?

6) **Good Soil of God's Love | Let me see your face ☞ Let me hear your voice**

Song of Songs 2:14-15 • Psalm 23 • Psalm 139 ☞ **Good soil for the nurture of the root system of our heart**

Luke 7:36-50 • Luke 15:11-32 • John 21:4-17 ☞ **Affirmation of his love, even for those who needed his grace**

In these passages, we see two of the ways Jesus would affirm us as his beloved. They witness to his love for us as ones he has designed and known always. His love is not diminished by our mistakes, past or present.

~ The Song of Songs passage depicts the kind of tenderness he feels for us, how he, like a lover, wants to see our face and hear our voice, which is sweet to him.

~ The parable of the prodigal son affirms how God embraces us in love even when we have strayed from him.

☞ Is there a way you want to express your love to the Lord today?

☞ In this limited time, and in our quiet times following Second Saturday, may we ask the Lord to kindle in us fresh love – a deeper desire to spend time with him, and ways to express our love for him, the lover of our souls!