



## QUIET REFLECTION ✚ Second Saturday • April 15, 2023

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### Choosing to Deepen ✚ Knowing His Heart • Secure in His 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.

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**JOURNALING QUESTION OPTIONS** ■ Today's topic is very comprehensive. The value of this time of journaling is that we can open the door to these subtopics and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic, and from Jeremiah 31:2-3, Ephesians 3:14-21, and Revelation 19:19:6-9; 21:9-11.

1. What has spoken most meaningfully to you through the stories shared this morning? Take a few minutes to pray, or journal about your impressions before going on to the other questions.
  
2. **CHOOSING TO DEEPEN** ~ Ask the Lord to shed light on your heart and help you recognize where you really desire a deeper relationship with Him. Write down what you desire. Is anything blocking you from responding to Him in this way?

~ We also deepen when we invite His work in our history—our background, our family, and all our life experiences.

~ Another way that our love is deepened involves our response when He asks us to draw on his deep love in ministry to others.

Now, or when you have more time, talk to the Lord about how He wants you to go deeper with Him.

3. **KNOWING HIS HEART** ~ We deepen in our love for the Lord as we minister with Him — drawing on His heart for others. We come to understand His love for us as well.
  - a) In what ways have you grown more sensitive to the Lord's heart in this season of your life?
  
  - b) Ask the Lord what more He would like you to know about His heart.

4. SECURE IN HIS LOVE ~ Reflect on how secure you feel – how deeply loved by the Lord.

~ Express how you *experience* His love. It may help to draw a picture of how you see your relationship with Him. →

~ Ask Him to speak to you about this area of your relationship with Him. Ask Him for a picture of how He sees this relationship. →

a) Do these images differ?

b) If there is an area of your relationship with the Lord where you don't feel secure in His love, invite Him to bring healing to that place.

5. From the prayers of the Second Saturday core: where He wants to meet us

Prayer about personal filters—lack of clarity about God's love for us → We may need to bring our version of God's love for us into His light. In your own words, pray that you would recognize ways that you define His love, or expect His love to be expressed to you.

Prayer about our soil—the love we're meant to draw from—quality of that soil → mind set of earning His love rather than drawing on it. Perhaps our soil is trampled down — hardened by daily 'wear and tear' or thirsty for rain – His love softening soil of our hearts.

Prayer to bring to light any area of our lives—our stories → where we need to **accept God's grace**. Ask Him to help you to *know His heart*, that blinders will be removed and barriers brought down. Whatever our mistakes and sins, they are covered through His death on the cross.

Prayer for heart-connection with Father—obstacles or gaps → where we are discouraged, where we are not standing "upright," or not engaged and trusting, though the Lord's desire is to "connect". We can pray that He would stir us and help us GROW in our love for Him.

**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.