



## QUIET REFLECTION ✚ Second Saturday • May 13, 2023

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### Stories of His Love ✚ What the Lord Has Done in Us

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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#### Psalm 139:1-6; 13-14

<sup>1</sup> You have searched me, Lord, and you know me. <sup>2</sup> You know when I sit and when I rise; you perceive my thoughts from afar. <sup>3</sup> You discern my going out and my lying down; you are familiar with all my ways. <sup>4</sup> Before a word is on my tongue you, Lord, know it completely. <sup>5</sup> You hem me in behind and before, and you lay your hand upon me. <sup>6</sup> Such knowledge is too wonderful for me, too lofty for me to attain. ✚ <sup>13</sup> For you created my inmost being; you knit me together in my mother's womb. <sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

#### 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.

1. Think about how you experience God's love, e.g., as a loving father—a shepherd who cares for you. If you don't experience God in a positive or personal way, ask for his help. Invite him to work in your life in a way that will help you receive from and grow in him.

~ In the context of Psalm 139:1-6 and 13-14, what do you find comforting? Is there anything missing in your relationship with him that you would like to change?

2. Ask him to show you an image, highlight a scripture, or, in your own language, express to you what he wants your relationship to look like.

3. Ask him to show you what you believe about yourself that is not true to the way he has made you and cares for you.

~ How would he have you change that belief and replace it with his truth?

4. "Strengthened with power through his Spirit in your inner being" (Eph. 3:16, 20).

~ What do you long for, or feel you need, through the Holy Spirit's presence in you?

~ Ask the Lord what he wants you to experience about the Holy Spirit that will **strengthen** you, and help you be more **rooted and grounded** in his love?

5. Ephesians 3:18-20 describes God's intention that we all would be *filled with his fullness*? Is there anything in your faith walk—in your life as God's child, that limits the way you experience God's abundance?

6. 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.

7. John 10 ~ Do you desire to know and respond to the Lord's voice more than you do at this time? What does that mean to you to know his voice?

What does it mean to you that Jesus, your shepherd, knows your name? Do you have a good memory of when you realized that Jesus knows you so personally, by name? How did it influence your relationship with him?

8. New ground? Chris mentioned that at times, the Lord stirs up our lives in order to make more room within us for his purposes. He has gifts for us that require more space in our hearts – more faith, and more certainty that we are so loved by him. ~ Ask the Lord to open your heart and mind to the things he has for you going forward.

John 10:6-7; 14-15; 27 \_\_\_\_\_  
To him the gatekeeper opens. The sheep hear his voice, and he calls his own sheep by name and leads them out. <sup>4</sup>When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. ~ <sup>14</sup>I am the good shepherd. I know my own and my own know me, <sup>15</sup>just as the Father knows me and I know the Father; and I lay down my life for the sheep. ~ <sup>27</sup>My sheep hear my voice, and I know them, and they follow me.

**Hebrews 12:1-2** \_\_\_\_\_

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup>looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

**April - Choosing to Deepen: Knowing His Heart / Secure in His Love ✚ May - Stories of His Love: What the Lord Has Done in Us**

Our aim in April and May has been about inviting the Lord into our stories, to shine light on areas where we need his love and healing. This is part of our theme this year - **The Garden of the Heart ✚ Rooted and Grounded in Love**. Our prayer is that we all would continually invite the LIGHT of God's truth, and the power of the Spirit at work in us. Coming into that light often moves us toward **Ephesians 3:20-21**:

*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, to him be glory in the church and in Christ Jesus, throughout all generations, forever and ever. Amen.*