



Known and Beloved ❖ Rooted and Grounded in His Love

During this time 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?* Let the questions guide your reflections and help you identify the things you want to process with the Lord. Sometimes it's helpful to draw a picture, depicting an issue in your life and how it affects you. Take time to quiet your mind. Ask the Lord to give you freedom to pour out whatever is on your heart, and to help you hear what he is saying to you.

1. From what was shared this morning, what spoke most deeply to you?

2. Jesus' encounter with the woman drawing water led to a deep personal conversation. Is there an unmet thirst you want Him to bring to the Lord?

Ask Him what how He wants to give you more thirst for His living water. Take time for your soul to be "watered" in this quiet time.

3. Paul and John shared about negative messages that can weigh them down. If you are weighed down by negative messages, do as they did by naming the message and drawing on the truth that you are God's beloved one! ~ *[It is vital to ask the Lord to replace the negative, or heal the hurt you may feel. This can be part of a larger pattern in our lives, so seek help if you feel it is too much for you to deal with yourself.]*

4. Song of Songs | The Lord desires our love, and to have us approach Him just as we are, even if we are occupied with our "weeds" of human nature. Opening our hearts to Him is part of maintaining our "vineyard" — free of foxes and weeds. Is there something you want to bring to Him today? Is there something the Lord wants you to know about His love for you?

John 4:7, 9-10, 13-14

⁷ When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ...

⁹ The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" ... (For Jews do not associate with Samaritans.)
¹⁰ Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

¹³ "Everyone who drinks this water will be thirsty again. ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Song of Songs 2:14-15

¹⁴ O my dove, in the clefts of the rock, in the covert of the cliff, let me see your face, let me hear your voice, for your voice is sweet, and your face is comely.

¹⁵ Catch us the foxes, the little foxes, that spoil the vineyards, for our vineyards are in blossom.

5. Lens of Love | Seeing Others as He Sees Them

- ~ Chris shared about the Lord's new practice of intentionally seeing people and situations through His eyes — His heart of love. Wait on the Lord, asking if there is a new way for you to see and relate to others.

- ~ Is there a difficult relationship in your life where the Lord would have you develop a new way of seeing them? If so, ask the Lord to let you see this person as He does. Ask Him for a new lens. Is there anything else the Lord wants you to see about this relationship?

6. Grounded in His Love

- a) If you feel "stuck in the mud," ask for the Lord's help in focusing on Him, and for faith that He can salvage the situation. (Take a few minutes to see this situation from His point of view.)

- b) We are known by the Lord. Ask Him to show you if you see that door to relationship as one that requires you to perform in some way. Do you know you're safe with Him despite your vulnerabilities?

7. Looking Ahead — You may want to pray about these things in the weeks to come.

- ~ MYSELF Is there any wrong message I need to recognize and renounce—not own it?

Perhaps you have let others define your *self*. What would the Lord say about you that affirms you—freeing you to live as the one He made ?

Prayerfully meditate on Ephesians 3:16-21, that you, with the Lord, can tend your garden and reap a harvest of love.

- ~ SOIL. Ps 139 | Our roots, in what soil? Could and would God enrich the development of my soil? Consider what I take in and assume about myself ? He can amend my soil.

Psalm 139:13-18 ~ ¹³ For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was woven together in the depths of the earth. ¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. ¹⁷ How precious to me are your thoughts God! How vast is the sum of them? ¹⁸ Were I to count they would outnumber the grains of sand—when I awake I am still with you.

Ephesians 3:16-21 ~ ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.