



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. ☞ The value of this journaling time 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 the scriptures included on this page.

IDENTIFYING WITH THE STORIES SHARED THIS MORNING

1. Consider the experiences shared in the four stories you shared this morning. The stories of Kathy, Paul, and Diane involved painful or difficult times in childhood. Elaine's story was about asking the Lord to equip and lead her as she began teaching in a new school.

Did you identify with a particular story? If so, what is it in your life that is similar?

2. **A PAINFUL TIME:** Are you at peace with the memories of this time? Or, would you like to ask the Lord to resolve or heal painful memories or questions that remain? Now, or in the days ahead, ask Him to lead you in the healing path that fits you and the experience(s) that are part of your life.
 - a. If you have experienced God's guidance and healing in a difficult time in your life, are there things you want to thank the Lord for in the context of your experience? What fruit has come from that time?

☞ From Diane's story

The Lord has used the intensity of taking care of my mom until she died to freshly equip me to understand more of His love. He brought a deeper understanding of who He is, how His Word satisfies our soul, how we need prayer warriors, and how we need to be aware of the enemy wanting to steal our joy.

☞ From Kathy's story

She shared about the realization that there was love toward her that she couldn't see or receive until in later times in her life. There did come a time when the Lord confirmed to her that she was beloved.

☞ From Paul's story

He reminds us that we always need work—ways to discipline ourselves, but he feels free and secure in his belovedness. The psalms are particularly important to him—a source of blessing and affirmation of God's love.

- b. Do you feel there are boundaries around your experience and the reception of God's love and transformation? What is the Spirit* saying to you about where you are now, and how God would give you a fresh flow of His love, light and truth,

** Each one who shared their story acknowledged the role of the Holy Spirit in their journey. You may want to ask the Holy Spirit to guide you—to help you grow in the knowledge of His ministry in the body of Christ.*

- 3. **A CHALLENGING TIME:** Are you in a situation where you are witnessing, interceding, or ministering? Do you feel the need for fresh equipping as you share His heart and love with others.

- a. Is there a specific issue you want to bring before the Lord?

- b. Elaine was determined to press on in a dark place and to pray that the Lord's love and presence would change the dynamics of her school job. ~ Did Elaine's story encourage you in some way?

- 4. **FRESHLY EQUIPPED** ~ Fresh or new ways to serve the Lord

- a) Open Heart → What do you desire? Is there something on your heart that you would like the Lord to revive – or a door you would like Him to open to you His servant?

- b) Ask the Lord if you need to have fresh equipping.

- c) Is there a troubled time in your life that has ended up equipping you for the good of someone else, or in some other way caused an evil to become a blessing.

5. Ask the Lord to show you if there is a need for fresh growth or zeal – for equipping from the Lord for what He has for you at this time.

6. Is there anything else you want to **ask** of the Lord today, or something the Lord wants to **say to you** that isn't part of today's topic?

7. The scriptures that belong to today's topic call us forth in different ways including fresh equipping for what He calls us to. Does He have access to our lives in these ways:

Isaiah 55:10-11 ☞ His word at work

Acts 11:15 ☞ His Spirit at work

Psalms 63: ☞ Seeking Him – thirsting for Him

Ephesians 3: ☞ Rooted in His love

Isaiah 55:10-11
His Word at work ~ to flourish

As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, ¹¹so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I send it.

Acts 11:15
Spirit's work in us

"As I began to speak, the Holy Spirit came on them as he had come on us at the beginning."

Psalms 63:1-5
Seeking: our thirst met

¹ O God, you are my God; early will I seek you; my soul thirsts for you; my flesh longs for you in a dry and thirsty land where there is no water. ² So I have looked for you in the sanctuary, to see your power and your glory. ³ Because your loving-kindness is better than life, my lips shall praise you. ⁴ Thus I will bless you while I live; I will lift up my hands in your name. ⁵ My soul shall be satisfied as with marrow and fatness, and my mouth shall praise you with joyful lips.

Ephesians 3:16-19
Rooted in His love

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 God, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.