



WALKING WITH THE SPIRIT † His Light in Our Hearts and Lives

Quiet Reflection and Journaling, October 12, 2024

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.

1. In the King James version Galatians 5:1 says: *Standfast therefore in the liberty, wherewith Christ has set us free and be not entangled again with the yoke of bondage.*

Ask the Lord to shed His light on any place you may feel entangled or in bondage.

2. As you consider Galatians 5:16 & 25 ask the Lord if He is calling you forth to walk with Him in new ways in the Spirit.

3. Are you in a situation where you are witnessing, interceding, or ministering? Do you feel 'the need for fresh equipping, and zeal as you share His heart and love with others?

☞ Galatians 5:16-18; 22-25

¹⁶So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸But if you are led by the Spirit, you are not under the law. . . .

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit.

☞ John 16:13-15

¹³But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴He will glorify me because it is from me that he will receive what he will make known to you. ¹⁵All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you."

4. As you think of Jesus being tempted in the wilderness by Satan, is the Spirit showing you areas where Provision, Protection, and Position are difficult to trust in the Father's hands, and/or where you don't see much of the fruits of the Spirit in your life?

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

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?

The Creativity of the Holy Spirit

Quiet reflection— called journaling, is meant to extend beyond

🔊 Listen

Is He asking questions of you? Is He providing much needed counsel — His interpretation of your inner thoughts?

🗣️ Dialogue

Conversation with the Lord brings much understanding and draws us closer to Him.

~ Invite Him to speak to you. Wait in the quiet. Respond. Wait again, etc.

~ Write a letter, poem or psalm to express your heart.

🖍️ Images that Speak

~ Draw a picture or symbol of what is on your heart.

~ Ask Him for an image that depicts how He sees you or something you're concerned about at this time.

📖 Editing Your Story

Ask Him to bring to light any assumptions or perceptions embedded in your heart and story that are not true. What is true that He would write in place of what is written there?

🔊 Quiet

Invite the Lord to minister to you in the quiet. Whether with words or in the simple awareness that He is present with you, let Him "restore your soul" in whatever way you need. You may want to journal and reflect on this time later.