



WALKING WITH THE SPIRIT

Asking Him What is New ❖ Willing to Grow and Be Fruitful

Quiet Reflection and Journaling — January 11, 2025

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? 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. How do you sense the Lord is inviting you to grow and be fruitful this year? Jeremiah 17:7

2. Am I open to new things, realizing that God has newness for me? Isaiah 43:18-19

3. Ask the Holy Spirit, the Advocate and Helper, if there is anything He wants to uncover or expose such as places of pain caused by emotional wounds that you want the courage to face this pain and be healed and have a new start? John 14:26

4. Do you think you have ever missed responding to God during a valley time in your life? If so, ask Him what He wants to do about that now. Or if you think feel you are in a valley now, ask the Lord what treasures in the darkness He wants to give during this time. Isaiah 45:3

🔗 Scripture(s)

Jeremiah 17:7

But blessed is the one who trusts in the Lord, whose confidence is in him.

Isaiah 43:18-19

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

John 14:26

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Isaiah 45:3

I will give you hidden treasures, riches stored in secret places, so that you may know that I am the Lord, the God of Israel, who summons you by name.

5. Are there places that you feel stuck in your walk with Jesus, inhibiting your growth in Him?

a. Do you think you have any self-pity in your life?

b. Is there any unforgiveness/bitterness in your life?

c. Do you have any sense of entitlement? (I deserve this, and others have so much more than I do)

d. Embellishment? (Making more of your problems and obstacles in life than they really are.)

6. Ask God if fear is preventing you from facing something painful in your life?

7. In what ways do you feel you're growing in love—love like the Lord's? 1 John 4:8

8. Are you part of a church? Are you in a small group that meets regularly? Please talk to a prayer minister if you are looking for a church and we will pray with you and possibly give you some information to facilitate your search. Hebrews 10:24-25

9. What one thing did the Lord reveal to you or do in your heart today?

🔗 Scripture(s)

Ephesians 2:8-10

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's handiwork created in Christ Jesus to do good works, which God prepared in advance for us to do.

1 John 4:8

Whoever does not love does not know God, because God is love.

Hebrews 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

ASKING WHAT IS NEW, WILLING TO GROW AND BE FRUITFUL

Second Saturday Teaching by Kathy Leu, January 11, 2025

Good morning! I was not able to get all the information into today's talk. Hopefully, this handout will help you through the material presented and that you can follow along with the notes provided below. (Scripture references used within the teaching included.)

1. GOD HAS NEW THINGS FOR US (Isa. 43: 18,19)

a. Reminder: We have a significant role to play in our healing.

b. Assignment: Throughout the morning, be asking the Lord what hidden places in our hearts that He wants to uncover so that healing can come.

2. GOD'S DESIRES FOR US: (Laying a foundation) to live in hope, peace joy and love)

LIVING THE ABUNDANT LIFE John 10:10

a. Hope (Biblical hope is one of the most powerful forces on earth) Jeremiah 29:11

b. Peace Isa. 53:5 (Shalom) sense of safety and security) Also includes soundness, health, harmony, wholeness, well-being, contentment, completeness, tranquility, prosperity, peace, welfare, and rest.)

c. Joy (Neh. 8:10)

d. Love

God is love. (I John 4:8)

Nothing can separate us from the love of God (Rom. 8:38)

3.. THE ROLE OF THE HOLY SPIRIT

a. God is good. Jesus left and sent the Holy Spirit as Counselor, Comforter and Helper. (John 14:16)

b. We can learn to listen to the voice of the Holy Spirit to tell us truth in negative situations. (John 10:27)

4.. THE MOUNTAIN TOPS AND THE VALLEYS

a. Normal rhythm of life.

b. We cannot avoid the valleys

c. Defining the Valley

1. Cannot be avoided

a. Disappointments, traumatization, woundings, sorrows, losses, betrayal. All the difficult things in life.

b.. Can be a place where one finds valuable treasures in the darkness (Isa. 45:3) and great growth can occur

c. God can create new foundations (Isa. 54:11)

c. Difficult things can lead to new strength in the Lord

d. More of God In our lives

e. God promises to always be with us (Psa. 23)

1. He comforts and consoles us

2. We can learn to comfort others.

e. Importance of the body of Christ.

1. Be involved in a local church.

2; Do not isolate when in the valley and going tough times.

3. . Speak the truth in love to one another in love (Ephes. 4:15)

4. Read the Word of God regularly

f. Be responsible

a. Josh. 1:9

b. Psa. 18

g. Ownership

.2. Example of one of my valley experiences

5.. The VICTIM SWAMP DEFINED

a. Definition:: “Once the enemy has managed to about trauma in a person’s life and to plant lies in the traumatic memories, his next priority is to prevent the wound from being healed, If a person “stands straight”. In the pain of being wounded as a victim, he is in a good place to receive healing. The pain motivates him to seek healing and “standing straight” in the pain is a spiritual and emotional position “open” to the Lord’s healing work. The enemy knows that he can prevent healing by luring a victim away from standing straight in his pain and into the swamp of bitterness, self-pity, entitlement and embellishment. He knows that once he has lured us into this victim swamp, our own bitterness, self-pity, entitlement and embellishment will hinder any attempt to heal the original wounds. To return to the **place where we can receive healing, we must confess and renounce** these sinful patterns of thought and behavior, and then ask the Lord to free us from them.

b. We can get stuck in the victim swamp

1. Comfortable

a. A way to get the attention we long for

b. We have friends who have the same negative issues.

(Camaraderie)

2. Body of Christ could hinder.

d. How to get out

1. Confess sins and renounce the 4 defining factors

2 . Stop believing the lies of the enemy

3. Crucial: know our identity in Christ. (Rom. 8:17; I Peter 2:9; Eph 2:10)

4. Be brutally honest with God, yourself (and others when needed)

5. Discover specific fears that cover up emotional pain.

1. Other unhealthy ways to cope with pain:

6. Bearing Fruit:

A. Growing and Maturing in the Lord

B. Comfort as you have been comforted

C. We grow as we give out.

7.: Summary and Conclusion

The Song: *Fear is not my Future* by Brandon Lake and Chandler Moore (YouTube)