



WALKING WITH THE SPIRIT

❖ RENEWED IN HIS LOVE

Quiet Reflection and Journaling — February 8, 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 the scriptures included on this page.

Journaling/Prayer Practice for Journaling Sheet

1. What is the Lord leading you to see this morning; how are you struggling to know or perceive His love, His great desire for you?
2. Name fully and honestly the fear, anxiety, sense of His absence, negative self perspective ... whatever mountain top or valley He speaks softly to you about.
 - Offer it to Him as you stand at His immeasurable river of love.
 - See or feel Him take it, immerse it, and gently bathe it in the strong, flowing waters; always fresh, renewing, current with your needs.
 - Hear what the Lord says to you as He does this.
 - What does your loving Father, through Christ and the Spirit, desire to do in and through you?

Psalm 23

The Lord is my shepherd, I lack nothing. ²He makes me lie down in green pastures, he leads me beside quiet waters, ³ he refreshes my soul. He guides me along the right paths for his name's sake. ⁴Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Romans 5:5

⁵And hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit, who was given to us.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Walking with the Spirit: Renewed in His Love

Introduction:

What does it mean to be a Beloved Child of the Father?

How the Spirit Renews:

How does the Spirit continually renew us in our Triune God's love?

Lies & Destruction By the Evil One:

What methods does the Evil One/Devil/Satan use to destroy relationship with God's love?

God's Truth About Love:

What is true about God's love born out in Word and history?

Father/Son/Spirit; Love Destroying the Works of the Devil:

How has our Triune Creator God defeated the Devil's attempts to destroy our relationship?

Our Willing "Yes":

How do we intentionally respond to God's love?

Journaling/Prayer Practice & Conclusion:

What is God saying today to you about His love for you?