



## WALKING WITH THE SPIRIT IN OUR SUFFERING

---

Quiet Reflection and Journaling ☞ April 12, 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.

---

### ☞ JOHN

Who have I told my story to? Am I too proud to lament?

#### SCRIPTURES

Lamentations 3:19-33

Romans 5:1-5

Romans 8:15-28

2 Corinthians, Chap. 1, 4

Psalms 42, 90, 91, 103

1. Have I let Jesus "fix his gaze on me?"

Pray the prayer in Psalm 139:23-24 ♦ *"Search me, O God, and know my heart: test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting."*

2. How do I respond to the suffering of others?

Who is the Lord bringing to my mind?

Whose story do I need to listen to?

3. Do I have a vision that the Lord will make something beautiful out of my brokenness?

What do I need to remember about the Goodness of the Lord?

4. Is there a task the Lord is giving me to do as I wait and walk with Him in my suffering?
5. How can I learn to Lament instead of Grumble murmur?
6. Is the Lord calling me to pray more fervently for the persecuted church?

## 🔗 SUE'S STORY

In difficult times it is easy to want to back away. In Sue's painful season, the Holy Spirit gave her three ways to respond. Her experience may help you in your journaling today.

1. **Why did this incident happen?** ✚ *The Holy Spirit showed her how and why that thing happened. If we want to know what He is saying: He speaks through others ... be open, alert. There can be a deepening with grace in the process.*
2. **In difficult times we may feel alone and afraid.** ✚ *We can find we are not alone in our fear, but He is with us – our **Light**.*
3. **When we are recovering, repairs are needed.** ✚ *There is a planting process and fresh flowering as part of the repairs we often need. Sue realized: process requires energy where we may be parched, and it is a necessity that we talk about suffering in our lives.*

-