

Be Still and Know I Am the God Who Names You
Quiet Reflection and Journaling ☞ February 14, 2026



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 these pages.

Ephesians 1:3-8

³ All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.⁴ Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.⁵ God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.⁶ So we praise God for the glorious grace he has poured out on us who belong to his dear Son.⁷ He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.⁸ He has showered his kindness on us, along with all wisdom and understanding.

{NLT}

1. Because you are in Christ, when God looks at you, he sees Jesus in all of his perfection. How does this concept make you feel? Is this easy or hard for you to accept? Ask God to give you a picture in your imagination of yourself wrapped in Christ. What does that look like?
2. You are God's masterpiece. You are created for good works that God planned long ago (Ephesians 2:10). What are the gifts God has placed in you? How might he want you to use them as his ambassador on earth?

Ephesians 2:4-7

⁴ But God is so rich in mercy, and he loved us so much, ⁵ that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) ⁶ For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. ⁷ So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

{NLT}

3. Paul prayed for the eyes of our heart to be enlightened to know...the riches of his glorious inheritance in his holy people. He also talked about the fact that we are "blessed with every spiritual blessing in Christ." Take time to reflect with the Lord and ask him what those spiritual blessings are. Take time to journal what he shows you.

4. God is favorably disposed toward you. What does this mean to you and how does this make you feel? Is this hard for you to truly receive? Ask God to show you where you may be resisting his grace and why. Ask him to speak love and truth to those parts of your heart that struggle to grasp this.

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Reflect on the morning's exercises

Spend more time reflecting, journaling and talking to the Lord regarding the exercises from this morning.

1. What parts of my heart don't believe I am wanted? What parts of my heart don't believe I am loved? What parts of my heart don't believe I am chosen?
2. What did the Lord hand you when you handed him those things that might be holding you back from all he is calling you into?
3. What identities have you taken on ("dots") because of things others have said to you or how they have treated you? What good earthly identities ("stars") are you getting identity from, instead of receiving identity from God?

Prayer exercises

Choose any of one (or more, if you have time). Spend time reflecting, listening and journaling for each one.

1. God, how do you see me? How do you feel about me?
2. Ask God what his name for you is.
3. Make a list of all of the "false" identities (lies) you have taken on. Then for each one, ask God to show you HIS identity for you. (example: Flawed, God may answer you with "blameless"). Then ask him for a verse to go with it. You can also do a word search to find verses.

Take home reflections

1. Consider meditating deeply on Ephesians 1 -3 in the coming weeks. Go verse by verse, asking God to sink those truths into your heart.
2. Pray this blessing from Ephesians 1:2 over yourself in the coming days and weeks and allow God to minister these truths to your spirit.

GRACE AND PEACE TO YOU FROM GOD OUR FATHER AND THE LORD JESUS CHRIST.

God You are my FATHER. I belong to You. Thank you that all rights and privileges of sonship/daughtership belong to me. The right to inherit Your blessing, to be loved, to be protected, to be provided for, to have a home in You. Thank you that all this and more belongs to me because You are my Father.

Lord, give me an understanding of Your undeserved kindness and your commitment to protecting and helping me. Thank you that You are favorably disposed toward me, leaning toward me, freely extending Yourself to me. Thank you for blessing me with every spiritual blessing in Christ and being near me. Help me to grasp Your good will and Your kind intentions toward me.

Father, I ask you to fill me with a sense of wholeness and well-being. May I be undivided in heart and at peace knowing You are for me and will care for all the things concerning me and my life. Help me to live free from fear or worry or self-doubt. May I never doubt Your love and care for me. Give me the tranquility of a satisfied newborn. Fed, held, safe, content.

Father, I ask you to manifest grace and peace in my life this day. Expand my heart to fully receive my sonship/daughtership. Lord, help me cast my every care on you and in return learn to live as a carefree, beloved child of God.

In Jesus name

Amen

The Cup of His Love and The Bread of His Presence

The Cup of His Love

In the Cup we receive, we are saying, "yes" to being loved. The grace of Jesus' blood, His love, covenanted as in marriage, is His offer to invest in who I am becoming, so that I grow up into one who can love Him back. As with the Hebrew bridegroom, Jesus offers His full love, His name, His heritage and wealth, to receive me unto Himself. He identifies Himself with me, even as He asks me to identify myself with Him. But what He values and is risking is that His love will bring forth the fullest expression of the person He sees beneath all the encumbrances.

The Bread

In what ways do we receive ourselves, whole and alive, in the Bread ~ His Body, broken for us? How does this relate to my life's dreams? If Christ lives in me, why am I not just like Him right now? This too is His multi-layered process. It is difficult to receive Him if we have an identity "gap" ~ lacking a firm sense of being. In the Father's kiss, there is a knowing ~ not of what I see, but of what I can trust is there, because His kiss is the affirmation that calls me to life. The Bread received is Christ coming in, received by me so that His true life will be lived out in me. Likewise, it recalls what He has taken of me into His body ~ that which is dark, sinful, unhealthy. In its place I receive again of His Divinity. As a lover claims the heart of his beloved, and he/she takes the risk to accept this, so as we receive His Body, we welcome Him, unthreatened. His coming completes me!

Conclusion

I can become more than I think, and I can aspire to all I can be according to His Word to me, by obeying, risking ~ so that He helps me become who I don't know myself to be! The active ingredient is Jesus' love ~ happening in that unpredictable juncture where I say, "yes" to the offered Cup ~ the offered Life ~ and give Him permission to speak into my life. He allows me to believe, not in the weakness I see, but as a resting in the core person He is loving forward. Like the marriage dynamic ~ entrusting the one you will become to the hand of another, so much more will His Sacred Love cause that which is beloved to become more and more what it is meant to be.

What of despair? It is answered in the Father's kiss ~ as the deepest level of my being is called forth into a deep "yes" ~ so it is able to hope. Out of the "yes" of my being, I agree to become who God made me to be. What of presumption? Presumption is answered in the Cup and the Bread ~ the cup of love, the bread of His holy presence in me ~ because instead of faintheartedness and failure to respond, I have hope of all I can become in the love relationship that what is planted in me, what is coming to life is imperishable, the "new creation" becoming fulfilled. Out of the "yes" of my heart, I agree to choose the Lover who offers to love me to glory ~ the meaning of my life that leads to fulfillment ~ of glory and oneness with Him.

**Excerpts taken from *Magnanimity and the Lord's Supper: Becoming All We Can Be Through His Hope and Love* by Christine Nelson (Used by permission)*