

A Time For Reflection

In quiet waters things mirror themselves undistorted

Choose any one of the following passages (or choose one of your own) to explore during this time.

Lev. 3:1-11

Isaiah 49:13-16

John 17:24-26

Psalms 84:1-7

Isaiah 54:5-10

Rom.8:28-39

Psalms 91

Isaiah 63:7-9

1 Cor. 1:1-9

Psalms 107:1-9

John 14:8-14

Heb. 10:19-25

Psalms 139

John 15:9-17

1 John 1:17

Rev. 1

Calm your mind, relax your body, move in faith to receive what Jesus will reveal to you.

Read the passage slowly and carefully until you come to a word or phrase that makes an impression on your mind or an impact on your emotions.

Reflect on that thought, inviting it to be a guest in your heart.

Ask the Lord any questions you may have about the passage. (**why** questions are more important than **how** questions because **why** questions determine whether **how** questions are important.)

Listen with your mind and your heart to what He says. Let Him nourish and revive you. (Jer. 15:16)

Write about your experience. Put a little of your thoughts on paper.

Then thank Him for His love for you and His words to you.

The Lord thy God in the midst of thee is mighty; He will save, He will rejoice over thee with joy; He will rest in His love, He will joy over thee with singing . . .
Zeph. 3:17