

# JOURNEY: LIVING WELL WITH GOD & OTHERS

*with Maggie Wallem Rowe*

## Day 1 QUIET TIME Reflection Questions

**Begin by sitting quietly**, asking God to direct your soul towards what He has for you here this weekend. Picture a vessel being centered and shaped on a potter's wheel. *You need do nothing right now except still your soul to receive.*

In your circle of quiet, you are alone yet in the midst of community. **Reflect on the following:**

*The word discipline and the word disciple are the same word – that has always fascinated me. Once you have made the choice to say, "Yes, I want to follow Jesus," the question is, "What disciplines will help me remain faithful to that choice?" If we want to be disciples of Jesus, we have to live a disciplined life.*

*By discipline, I do not mean control. If I know the discipline of psychology or of economics, I have a certain control over a body of knowledge. If I discipline my children, I want to have a little control over them.*

*But in the spiritual life, the word discipline means "the effort to create some space in which God can act." Discipline means to prevent everything in your life from being filled up. Discipline means that somewhere you're not occupied, and certainly not preoccupied. In the spiritual life, discipline means to create that space in which something can happen that you hadn't planned or counted on.*

– "Moving from Solitude to Community to Ministry" by Henri Nouwen

- 1) Read Ephesians 2:10 and allow the words, however familiar, to sink in. What are some of the purposes you feel God has for you? In what areas do you especially need his strength to fulfill your present commitments?
- 2) What does Isaiah 43:1-3 and 10-13 have to say about God's promises? Are there decisions you need to make that you need his guidance on specifically?
- 3) Remembering God's mercies in the past helps us trust his plans for us in the future (Psalm 105:5). On the back of this sheet, take a quick inventory of prayers you saw answered during the past year or blessings that were totally unexpected. Below those, jot down an "impossible prayer" or two you have for the current year. Ask the Holy Spirit to speak specifically to you this weekend regarding any concerns weighing on your heart and trust Him to answer.

*"Because we know that this extraordinary day is just ahead, we pray for you all the time – pray that our God will make you fit for what he's called you to be, pray that he'll fill your good ideas and acts of faith with his own energy so that it all amounts to something. If your life honors the name of Jesus, he will honor you. Grace is behind and through all of this, our God giving himself freely, the Master, Jesus Christ, giving himself freely." 2 Thessalonians 1:11-12 THE MESSAGE*