

## 03-05-23 FOR THE JOURNEY THIS WEEK

“God, who with all power could come in any form, surprises us in silence. We are caught off guard because it is contrary from the force and pride we are accustomed to in the use of power. Silence is contrary to the cascading words and noise of our daily life. Instead, silence invites us to stop and listen deeply to what is in us and in others.”

- Luke Ditewig



John 3:1-17

### Questions for Reflection —

- What role does silence play in your spiritual life? In what ways do you crave silence? In what ways do you resist silence? What factors—external and/or internal—present a challenge to your ability to spend time in silence? What do you need in order to set aside time and space for spiritual quietness? For the remainder of the week try to set aside at least a short period of time each day to sit in silence before God.
  
- In what ways are you seeking renewal and refreshment? In what aspects of your life are you in need of a fresh start? Of what might you need to let go in order to start afresh? How is Jesus inviting you to be born anew? What change in attitude or new way of seeing might be required? How will you respond?
  
- When/how have you been surprised by the movement of the Holy Spirit in your life or in the life of someone you know? What spiritual practices help you to be more aware of the presence of the Holy Spirit? What does look like for you to respond to the guidance and direction of the Holy Spirit? How can you be more intentional in seeking that guidance and direction? Where might the Spirit be guiding you presently?

### Daily Household Prayer

God of all times and places, in Jesus Christ, lifted up on the cross, you opened for us the path to eternal life. Grant that we, being born again of water and the Spirit, may joyfully serve you in newness of life and faithfully walk in your holy ways; through Jesus Christ. Amen.