

His Work in Us – Reflections on a Season

Kyle Collins

Hebrews 4:12-16

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Reflection & Discussion Questions

This could be an exposing and revealing season

*Are you taking time to press into how you are REALLY doing? Your soul, your relationships, your mental health?
{Check out some deeper-diving personal reflection questions at the end of this guide}

Read and discuss Hebrews 4:12-16 (ESV)

¹²For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. ¹⁴Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

*What is this passage saying? What does it tell us about God?

*What is this passage saying to us? Is there something to act on? To share?

Our spiritual growth doesn't happen as we step blindly into "good things" or things we feel we should or ought to do

It happens as we step into the things HE has prepared and tilled the soil for. The stuff He has been prepping to grow.

*Did you name a step you wanted to take this year?

*If you took a step, how did you celebrate it? If you weren't able to, what held you back?

*Was there a different step that you weren't anticipating that you were able to take?

*How has any step helped you grow?

God has been at work in this season

Whether it has felt like a setback, a gift, or maybe both, He is present with us

*What has been revealed or exposed to you in this season?

*Has this season been a setback or a gift? What gifts have you received? Where do you need encouragement?

Visual reflection (Visio Divina)* [Rain and Grows](#) by Scott Erickson

Song for reflection [Let the Ground Rest](#) by Chris Renzema

*Visio divina – a thoughtful and slow way of contemplating a visual prompt like a piece of art, photograph or image and inviting God to speak to you through it. First, focus on the detail that your eyes are drawn to right away – keep focus there and pay attention to what thoughts and emotions you are having. Then, look at the entire image and consider it as a whole, being aware of thoughts, questions and emotions it provokes. End in silence and prayer, considering your experience and anything you feel called to respond to.

Thanksgiving

Here the grace we seek is the assurance of God's love. It is important to know you are loved; that God in His faithfulness desires to be good to you and has been good to you. Thanksgiving is a way to renew perspective (Phil 4:6-7) prayer with thanksgiving yields peace.

Write down 10 things you are grateful for

Take a walk

Write down 10 more things

Sing or play a song or hymn

Write down 10 more things

Ask yourself: "How am I really doing...?"

Here the grace we seek is to see ourselves as God sees us -

Reflect on your current emotional "weather" and what is behind your feelings

- What are the anxieties that are tying up my heart? What fears?
- Where am I experiencing anger?
- Where have I experienced significant loss? Where am I mourning and in grief?
- Where have I been experiencing discouragement?
 - Where are pockets of sadness? Where are the places where I feel defeated?