

# Beloved

## Becoming the Beloved - Weekly Reflection Guide

In between weekly sessions we invite you to take a deep look at your spiritual life as you move through this Lenten season. Use this sheet to guide your thoughts and prayers.

### Daily Method:

*Set aside about 10- 15 minutes each day. They can be in silence or with soft music. You may want a journal.*

*Open yourself to prayer. Breathe slowly and deeply. Read this:*

I remind myself that I am in your presence, O Lord.

I will take refuge in your loving heart.

You are my strength in times of weakness.

You are my comforter in times of sorrow.

*Ask yourself these questions. Repeat each one slowly to yourself and listen. Sit with a question for as long as you need to.*

Where am I taken today?

Where am I blessed?

Where am I broken?

Where am I given?

*Unpacking your reflection:*

**Feelings**--What feelings did you experience? What caused the feelings?

**Forgiveness**--What might I need forgiveness for from this day? Who do I need to forgive? Who might need to forgive me?

**Future**: -- Ask God for help in the upcoming day...Please God, help me to be...

Scripture for Reflection:

*Read these scripture passages if you need something to ignite your imagination.*

Psalm 139

Psalm 27

Isaiah 58

Jeremiah 1:4-9

Acts 1:4-11

Philippians 2:5-11

John 14:1-14

Mark 1:9-11

Mark 14:12-24

Close your Prayer:

I am the beloved (daughter or son) of God.

I am not what I do.

I am not what I have.

I am not what others think about me.

I am beloved.

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## Scripture Reflection notes

Passage:

Where is the setting?

Who are the Characters?

What is the plot?

What is the conflict?

What details strike you?

What do you not like about this passage? Why?

Where do you see yourself in the passage? Who are you in this passage?

How does this passage speak to your own life?

How does this passage speak to your relationship to God?