

The Deep Well Inside Us
Resilient: Strength That Prevails
January 29, 2023

Notes

Jesus, I long for Your presence.

Help me commune with You where You live inside of me.

Jesus, I long for Your presence. Help me connect with You in my inmost being.

Jesus, help me connect with You...where You live inside of me.

Father, I give everyone and everything to You.

I give everyone and everything to You.

I give all of the people in my life to You. My family, my friends, neighbors, co-workers. Let them just fade from my thoughts in this moment, until it's just You and me here.

Father, I give my expectations for this moment to You.

Holy Spirit, get me out of the shallows. Get me out of the chaos of distractions. Help me descend into the depths of my heart.

Help me locate Your presence inside of me.

Jesus, I love You. Father, I love You. Holy Spirit, I love You.

I love You, God.

Give me the strength that prevails, Lord. Fill me with Your glorious strength. Transform me here in this place. Bring restoration for my brokenness here.

Give me Your resilience. Impart Your supernatural resilience to me from the inside out.

In the name of Jesus, I pray. Amen.

Questions for Personal Reflection and Group Discussion

1. Read Hebrews 10:36-39.

What does this passage say that we need in this moment? And why do we need it?

What is the tragic choice that some will make?

Who are the faithful ones and what is it that they are promised?

2. Read Psalm 73:26 and Ephesians 3:14-16.

Where does the strength of our inner being come from?

How have you experienced living **in the power** of the Holy Spirit?

In what areas of your life would you like to experience a deeper empowering of the Holy Spirit? What will you do to pursue that becoming a reality for you?

3. Read Psalm 103:1, Proverbs 20:27 and John 7:38.

What kinds of daily distractions or current concerns get in the way of your connecting with God wholeheartedly?

In what ways have you experienced being filled up or refreshed after being in God's presence?

4. Read Psalm 130:1-2, 5-6.

Which phrase or thought from these verses resonates most with you? Why?

The watchmen in this passage represent undistracted focus. What does the thought of looking for God with all your attentiveness and being stir up in your heart? Is it joy? Fear? Longing? Frustration? Why?

5. Read 1 Peter 5:7 and Romans 8:26 & 27.

In what areas of your life do you find it most difficult to let go and surrender control to God? Why do you think that is?

What do you most hope you will find as you learn to connect with God in your inner being? What deep longing do you most need Him to satisfy?