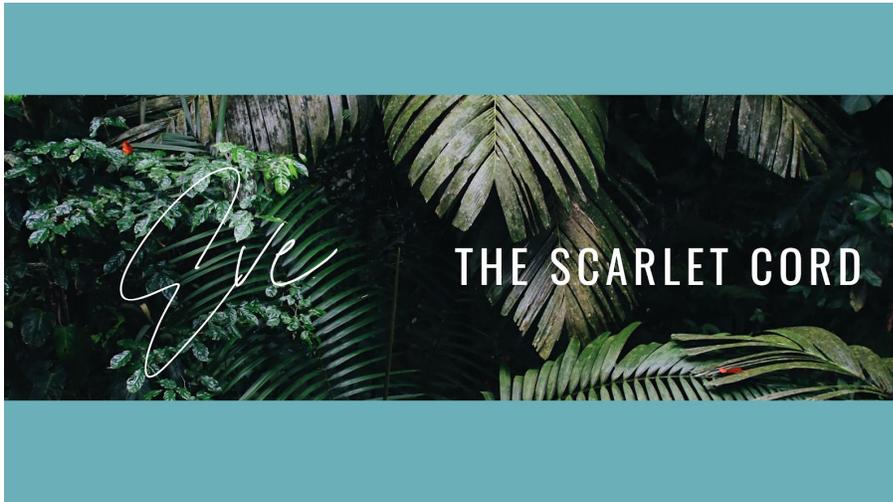


THE SCARLET CORD

Introspect



Introduction

In the coming weeks, we will focus on our inner being in relationship to Yahweh as we examine the women in the lineage of Christ. This reflection will require a daily examination of ourselves, by reviewing our last 24 hours, and discovering how we can grow or change our mindset in the next 24 hours. This can be practiced once or twice a day. We will focus on four, seemingly simple, "P's": Pause, Ponder, Perceive, Purpose. This spiritual discipline is not meant to replace your daily quiet time. If anything, hopefully, it will enhance it.

"But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul." Deuteronomy 4:29

Pause

This opens up a time for *prayer*. A special time to tune in to Yahweh's Presence. Find at least 15 minutes to be alone and undistracted. A place where you can reflect on the last 24 hours. Maybe it's a prayer walk or jog, or a time sipping tea in your special place. Maybe this safe place of undisturbed solitude is your bathroom. Locations seem to change each day for me, but the importance of this discipline is seclusion. Start by reviewing your day. Ask the Holy Spirit to be with you as you reflect on the last 24 hours. Allow yourself to sit

quietly before the Lord remembering He is Omni-Present. He is *with* you where you are. Feel free to praise Him, say words of adoration: You are holy; Your lovingkindness is everlasting; You are our Father, the eternal God; Almighty and righteous are You; There is no one like You; etc.

Ponder

After a time of silence and adoration, ponder and examine the last 24 hours. *What brought joy to my day? Did something pleasantly unexpected happen? What went really well?* In the good things, be grateful. I Chronicles 16:34 says, "Give thanks to the LORD, for he is good! His faithful love endures forever." Thank our Father for all the good: the relationships, individuals, His many blessings, etc.

Pro-Tip This portion of the exercise trains us to see Yahweh's goodness and blessings in our everyday life. It develops a heart of gratitude.

Then reflect on the not-so-good portions of the last 24 hours. *What disturbed or irritated me? What frustrated me?* Share these disappointments with Yahweh. Pray the 'Jehoshaphat Prayer.' (Read 2 Chronicles 20.) Take notice of what and how Jehosaphat prays. ("Power and might are in Your hand, and no one can stand against You." 2 Chron 20:6)

Use this time to ask Him, "*Why do these circumstances, or individuals, set me off?*" Then, ask our Father to expose the root of this issue. (In most cases, it's within you, not the circumstances or others.) It may be rooted somewhere deep in your soul. It may even take a while to be fully exposed. But ask for His help to weed these dangerous roots and remove them permanently.

Pro-Tip This portion of the exercise will allow Yahweh to begin to heal wounds and broken places deep within over time.

Perceive

Now that the Spirit has shed light on the good, the bad, (and the ugly), ask our Father, *"What are you asking me to do or to take note of?" "What do I need to give up?" "Is there sin in the camp that I need to dispose of?"* This is a significant time. The Spirit will indeed show you.

Notice any patterns throughout your day or week (E.g. in your quiet time you read a specific verse, then driving in your car you hear a Bible study about that same verse, and then, out of the blue, a friend sends you a text of that verse.)

Pro-Tip Try to journal these steps. This will provide a record of how the Lord is working in your life. It will serve as a reminder of things He's delivered you from and the many blessings He has lavished on you.

Purpose

This final step is an active determination. Pray, *"Father, lead me. What guidance do you have for me?"* Be sure to jot down what you believe the Spirit is saying. He may bring a specific scripture to mind. Or He may prompt you to take a specific action (call a family member or colleague). He could bring something to mind that He wants you to remember, like a specific truth about yourself, the truth about someone else (like, she's a daughter of Christ, too), or an attribute about Yahweh Himself.

"Teach me to do your will, for you are my God; may your good Spirit lead me on level ground." Psalm 143:10

Pro-Tip Having your Bible on hand is great for this step. He may lead you to a specific verse(s). Close by reading a portion of Psalm 119 as you praise Him.
