

Soul Spark 3

- ❖ Be still before God...
...entrust your burdens, concerns, needs to God
- ❖ Remember your dreams for yourself...
- ❖ What if they were the longings of God for you...?
- ❖ Respond to God... from your heart



I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you... Ephesians 1.18



Soul Spark

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Session 3

Looking at Ourselves

List all the different situations which form part of your life e.g. work, family, church, sport etc.

Next to each part, write how you would like to appear in each situation and then what you don't want to be seen as.

For example:

Situation	Like to be seen as	Don't like to be seen as
Work	Capable, efficient	Unfulfilled, sad
Friends	Warm, easy going	Lonely, unsure
Church	Faithful, spiritual	Struggling
Family	Needing their support	Causing difficulty
Etc.....		

Here are some examples of how we like to appear to others: wise, funny, successful, impressive, coping, honest, friendly, easy to get along with...

How we do not like to appear to others: confused, slow, simple, bored, poor, childish, frightened, unsure, insecure...

Draw up as clear a list as you can; it will become very useful in your reflections, You can keep adding to the list as you go along. Feel free to use the blank table on the opposite page to show your thoughts.

This prayer can be used to finish:

Lord, I do not know myself, but you know me. I wonder at how deeply you know me. How can you love me? Yet you do love me. Thank you! Thank you for accepting me, understanding me, forgiving me. Whatever I am worth to you, I AM YOURS. Amen.



Situation	Like to be seen as	Don't like to be seen as