

Queries from Worship and Ministry for SEYM Website

Queries for the Journey Fourth Month 2024

7 Fourth Month

How can I open myself as a vessel of God's love pouring out to others? Am I open to receiving God's love myself?

14 Fourth Month

How can I live my life so that the Testimonies of Friends are reflected in all that I do?

21 Fourth Month

Where do I find the message of peace being played out in the world? In my own circle of f/Friends?

28 Fourth Month

What is my responsibility in speaking Truth to power?

Queries for the Journey Third Month 2024

3 Third Month

In what ways do I take time for granted rather than as a gift? Are there ways in which I am or could be grateful?

10 Third Month

How often do I bend to a secular demand of fitting more into a schedule? Am I careful to allow for whispers of Spirit in my day, or as I plan?

17 Third Month

Who helps me come back to a spiritually grounded sense of being? Is this something I can also find on my own, or does it strengthen or clarify with assistance from another/others?

24 Third Month

When do I feel most connected to God? Does place, activity, sound, space make a difference?

31 Third Month

Have I had a deep fear or anger released through a spiritual experience? What was that like? If not, how open am I to Spirit working with me in this?

Queries for the Journey Second Month 2024

4 Second Month

What do I consider moments of Grace in my daily life and interactions?

11 Second Month

When do I bring love into challenging moments? What is the outcome? What about when I fail to allow love to do its work?

18 Second Month

What gifts do I have that feel bonded to Spirit? How do I use these gifts in service to others?

25 Second Month

Do I bring stillness to my Meeting for Worship, or do I rely on the gathering to provide me stillness?

Queries for the Journey First Month 2024

7 First Month

How do I know I am open to listening to the Spirit—to see the next steps in the journey? Am I able to discern points of hesitation?

14 First Month

In what ways do I work through resistance to being faithful to what God asks?

21 First Month

How do I see myself walking fully in that Light; that 'Peace that passes all understanding'?

28 First Month

When do I test my path, or do I simply trust it is right? Am I trusting God, or myself, or the goodness of the intention? Do I think it matters—why or why not?

Queries for the Journey 12th Month 2023

3 Twelfth Month

When have I met someone and felt the Presence in our midst?

10 Twelfth Month

When has an ordinary task felt like a spiritual experience?

17 Twelfth Month

Where in my life does Truth need to be acknowledged and expressed?

24 Twelfth Month

What helps me to stay in difficult moments and see them to resolution?

31 Twelfth Month

Whose dignity do I need to recognize and work to restore?

Queries for the Journey 11th Month 2023

5 Eleventh Month

To what, beyond my own experience, can I open myself, seeing with a divine heart and eyes of love?

12 Eleventh Month

How does faith inform my life and interactions with others?

19 Eleventh Month

When am I able to bring peace to situations of injustice in my corner of our fractured world?

26 Eleventh Month

How do I live in gratitude for the gifts and blessings I have received?

Queries for the Journey 10th Month 2023

1 Tenth Month

How do I become more aware of the Truth and right order in my life? In the life of my Meeting?

8 Tenth Month

What riches of Truth can I share with my Meeting community and the larger world that can grow relationships and move me toward being the person God wishes me to be?

15 Tenth Month

Have I left time in my life to drink from the deep silences of my heart? What was it like when that has happened?

22 Tenth Month

When do I allow the demands of the 21st century to justify habits that, in actuality, pull me away from the peace and fulfillment found only in God?

29 Tenth Month

How can I listen with my heart and not just with my ears? What role does humility play in nurturing a truly listening heart?

Queries for the Journey Ninth Month 2023

3 Ninth Month

When have I listened to someone and felt accompanied by Spirit? What was this like for me?

10 Ninth Month

In what ways can my monthly meeting deepen worship? Are we truly “waiting expectantly upon the Lord” or simply sitting in quiet?

17 Ninth Month

How do I live the testimony of integrity when much of what is around me is based on lies, manipulation, and subterfuge?

24 Ninth Month

How do I recognize that small actions of acknowledging someone, or showing respect are steps in a manifestation of peace?

Queries for the Journey Seventh Month 2023

2 Seventh Month

*Am I grateful for the reminders of God in my daily life? How do I show this?
How do I share this?*

9 Seventh Month

*In what ways can I be a source of joy to others in my daily interactions?
How open am I to finding joy in my own heart?*

16 Seventh Month

*Of what habits do I need to rid myself in order to walk more purposefully
in the Light? Am I gentle with myself in this work?*

23 Seventh Month

*Do I practice forgiveness of both myself and others? How can I make this
an action of tenderness and grace?*

30 Seventh Month

*How can I deepen my ability to surrender to God when I find myself faced
with seemingly insurmountable challenges?*

Queries for the Journey Sixth Month 2023

4 Sixth Month

How can my faith be strengthened so as to face fears with courage and hope?

11 Sixth Month

In what ways do I see the hand of God at work in the world? In myself? Are there ways in which I help or hinder this?

18 Sixth Month

How do I find peace and security amidst the chaos of our present time?

25 Sixth Month

Do I consciously seek the face of God in all aspects of my life? If not, how can this become an integral part of my spiritual journey?

Queries for the Journey Fifth Month 2023

7 Fifth Month

How have I loved God and loved people lately?

14 Fifth Month

*In what ways do I seek justice for those marginalized as part of my faith?
Am I listening within for how to start?*

21 Fifth Month

*How have I stood up in my faith, even if it was challenging or
uncomfortable? What helped me stay strong and rooted?*

28 Fifth Month

*Am I aware of moments of awe in my daily life? Am I willing to consider
that as connection with the Presence?*

Queries for the Journey Fourth Month 2023

2 Fourth Month

How does silent worship help us to grow roots that will keep us strong in turbulent times?

9 Fourth Month

How can I test a leading that may be requiring me to step up in voice for those oppressed or vulnerable?

16 Fourth Month

How does “the still, small voice” manifest for me?

23 Fourth Month

How does the Light strengthen our resolve so that, even if we must stand alone, we may be guided to right action?

30 Fourth Month

How can we ease the anxiety that pervades our minds and quenches our spirit due to the turbulence of our present age?

Queries for the Journey Third Month 2023

5 Third Month

How have I experienced Quaker worship as a preparation for every aspect of life?

12 Third Month

In what is our 'inner sanctuary' rooted? How does that bring new life to birth in ourselves and each other?

19 Third Month

When has true courage called me to be vulnerable to another in order to better minister to them?

26 Third Month

How can hope become more than a 'glib word' or meaningless cliché that we throw out as comfort to those in need?

Queries for the Journey Second Month 2023

5 Second Month

How do I “answer that of God in everyone” if my own sense of God is unclear? How does this work if I am clear?

12 Second Month

Am I open to considering that my way of renewal and “refreshment of Spirit” may be different from others?

19 Second Month

How often do I speak with a Friend or other person about God?

26 Second Month

How do I know when my ‘tank’ is empty spiritually?

Queries for the Journey First Month 2023

1 First Month

To whom do I look for refuge in times of trouble? To whom do I turn in gratitude in times of abundance?

8 First Month

Do I understand discernment to be seeking the will of God? How does my Meeting or committee practice this? How do I?

15 First Month

Where in my day do I find the hands of Christ/God working through me?

22 First Month

How do I know when setting boundaries is also walking with God?

29 First Month

When do I look inside my own heart to find a beloved Child of God?

Queries for the Journey Twelfth Month 2022

4 Twelfth Month

Where do we find support when grief seems all-consuming?

11 Twelfth Month

To what are we called when faced with confusion and violence both in our hearts and in our world?

18 Twelfth Month

When we seek God in worship, how do we feel our meeting join with us?

25 Twelfth Month

How does the Light illumine the darkness within us as well as in the world so that we may be guided to right action?

Queries for the Journey Eleventh Month 2022

6 Eleventh Month

How do we become more aware of the Truth and right order in our lives? In the life of our Meeting?

13 Eleventh Month

How does understanding that 'God wills only good for us' help us in our daily outlook on life, particularly in challenging times?

20 Eleventh Month

When do I allow a false sense of security to justify habits that, in actuality, pull me away from the peace and fulfillment found only in God? How would reflecting on the Scriptures inform my life in terms of inner peace?

27 Eleventh Month

What role does building community in active love have in bringing peace to the world?

Queries for the Journey Tenth Month 2022

2 Tenth Month

How can I go deeper in my reflection so as to put away the need to fill in all the spaces with noise or clutter? When have I been able to quiet the clatter of my mind in order to allow God to accomplish something through me?

9 Tenth Month

How does my Quaker faith enable me to live better in the world to mend it rather than withdrawing from it?

16 Tenth Month

What fires do I tend? How does my Inner Light spark the flame of God in the communities of which I am a part? Do I remind myself each day of my connections with other people, other creatures, and all that sustains life?

23 Tenth Month

What would it look like to actually see 'that of God in everyone' and to tender each other out of that reality?

30 Tenth Month

How is my way of acting 'different from the world's way'?