

Queries for the Journey Seventh Month 2025

6 Seventh Month

What is my response to my own and others' pain?

13 Seventh Month

What gives me strength to stay in the Light when so much tries to pull me from it?

20 Seventh Month

How do I share my gifts with my Monthly Meeting/Worship Group/Yearly Meeting in a balanced way?

27 Seventh Month

What part does discernment play in my daily life? Do I truly listen to Spirit or only rely on logic in my decision-making?

Queries for the Journey Sixth Month 2025

1 Sixth Month

To what extent can love answer conflict in my Meeting? In my relationships? In the world?

8 Sixth Month

How does Light penetrate the darkest depths of my soul and bring me to a new dawn?

15 Sixth Month

What is the purpose of my being faithful?

22 Sixth Month

How does Spirit most profoundly speak to my heart?

29 Sixth Month

In what places do I find Spirit present without my even seeking it?

Queries for the Journey Fifth Month 2025

4 Fifth Month

To what is my meeting called about combatting racism? What is my individual call?

11 Fifth Month

To whom do I look for guidance on my spiritual journey? What message do I take from their words/example/life?

18 Fifth Month

What is it that fills the wellspring of my heart when my spirit is dry and barren?

25 Fifth Month

Where do I discover the depths of unconditional love?

Queries for the Journey Fourth Month 2025

6 Fourth Month

Galatians 5:25 states, "If we live by the Spirit, let us also walk by the Spirit." How is Spirit a constant companion in my life? What do I do to make a home for Spirit in my being?

13 Fourth Month

"Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres" (1 Corinthians 13:6-7). How can I bring truth into my everyday interactions, thus making love the foundation of my thoughts and actions?

20 Fourth Month

The testimonies of Friends call us to "...behave in the world with simplicity and godly sincerity, not by earthly wisdom but by the grace of God" (2 Corinthians 1:12). What choices can I make to more clearly live this way of simplicity? Are there things, practices, or relationships of which I must let go to walk this path?

27 Fourth Month

"Be strong and of good courage, and act." (1 Chronicles 28:20) What is holding me back? What if I took a step beyond my fear or hesitation, and moved forward in integrity?

Queries for the Journey Third Month 2025

2 Third Month

The Word of God is placed “on our hearts” (Jeremiah 31:33). In what ways can I open my heart enough to let those words fall into my heart in a way that changes me?

9 Third Month

We read that “Nothing can ever separate us from the love of God” (Romans 8:38). How often do I allow the distractions of the world to widen the separation between Spirit and myself? What happens when I consciously keep that unity with Spirit despite that which is happening around me?

16 Third Month

The Scriptures admonish us to: “Turn away from evil and do good; seek peace and pursue it” (Psalm 34:14). Who are people in my life who live this out and act as paragons of peacemaking for me? What do I learn from them?

23 Third Month

We understand that our call as Friends is to: “Put on...compassionate hearts, kindness, humility, meekness, and patience” (Colossians 3:12). Where do I recognize opportunities to show these virtues in my everyday interactions with others?

30 Third Month

One of the foundations of a life of service is: “Be devoted to one another in love. Honor one another above yourselves” (Romans 12:10). How do I live this teaching in my life? How does humility fit in with this action?

Queries for the Journey Second Month 2025

2 Second Month

In what ways can I approach the difficult challenges in life with gratitude for what is good?

9 Second Month

How do I walk as a Friend in daily interactions, some of which directly oppose Quaker values and Testimonies?

16 Second Month

Where do I find Spirit present in my daily walk? What specifically do I do to nurture this awareness of Spirit?

23 Second Month

How do I come to clarity about a leading when there are conflicting aspects to discernment of this leading?

Queries for the Journey First Month 2025

5 First Month

Do I recognize when a joyful heart can defuse tense situations? How do I bring a sense of delight to those around me?

12 First Month

In what ways can I nurture my own heart so that the storms of life do not batter my ability to respond in love to difficult people/events? How open am I to receiving the type of care that restores my heart and spirit?

19 First Month

What are the small things I can do right now that might make a difference in one life, or one situation? Am I willing to listen for the next step to rise out of worship, and to give that listening the time needed as God wants?

26 First Month

When do I allow Spirit to “take the wheel” in my life? Do I find that there are times when things fall apart because I cannot surrender to Spirit’s guidance?

Queries for the Journey Twelfth Month 2024

1 Twelfth Month

What helps me prepare during the week to bring a quiet spirit to Meeting for Worship? Am I willing to do the work to find the deep stillness to share, rather than rushing, or being restless and unsettled?

8 Twelfth Month

How might my work, interactions, connections be affected if “love is the first motion”? How do I understand my responsibility as a Friend to bring the message of love to others through my words and deeds?

15 Twelfth Month

To what extent do I live Friends’ Testimonies so that my every act is intentional? How do I nourish this practice within myself?

22 Twelfth Month

Where do I see Spirit at work in the world around me? How can I bring attention to this divine presence to others?

29 Twelfth Month

Is my meeting a place of spiritual ground? How do Friends seek together a way to speak truth to power, stand firm against oppression, raise awareness of those in the margins?

Queries for the Journey Eleventh Month 2024

3 Eleventh Month

If it is a time for courage, how do I keep anchored amidst the storm? What helps me remain a source of strength and calm for others?

10 Eleventh Month

In what ways am I reaching for a deeper sense of spirit, or seeking a resting place? What questions would I be willing to ask myself?

17 Eleventh Month

In what ways does nature inform my faith? How do I hold the joys and sorrows of my experience?

24 Eleventh Month

When holding a question in the Light, do I find insight rising from the stillness or do I find myself too impatient to listen? What practice might help me sink in enough to “be still and cool in [my] own mind and spirit”?

Queries for the Journey Tenth Month 2024

6 Tenth Month

Where am I reminded of the bits of grace I am given every day? Do I accept more than I resist or ignore?

13 Tenth Month

Does my monthly meeting encourage the growth of online/hybrid worship, or is the goal to diminish it? Is there a sense of the gift of connection with those who cannot attend otherwise, or Friends who visit from far away? Do we see opportunity or inconvenience?

20 Tenth Month

How does my life 'speak' Quaker values to others? How do I share my portion of Truth when the moment calls for it?

27 Tenth Month

How often do we hold 'be not afraid' as a companion in moments beyond our comfort level? Do we find the words based in Love and rising up in Spirit?

Queries for the Journey Ninth Month 2024

1 Ninth Month

When have I allowed my own agenda to get in the way of really listening to others? When have I been able to put aside my own agenda to engage fully with another?

8 Ninth Month

In what ways have I exemplified the teachings of Jesus in my interactions with others? What are things that keep me from doing so?

15 Ninth Month

How do those who have gone before me – the cloud of witnesses – give me encouragement to do what I am called to do?

22 Ninth Month

What is my present leading, whether large or small, in which I am following the promptings of the Spirit? Am I able to discern work that is spiritually authentic and grounded in God?

29 Ninth Month

How do I see my Meeting naming and supporting the spiritual gifts of its members and attenders? What gifts do I recognize in myself, and how do I stay faithful regarding this?

Queries for the Journey Eighth Month 2024

4 Eighth Month

How do I see the presence of Spirit/God/Light in the most difficult situations of life? What keeps me from being able to be open to this awareness? What makes my sense of the Presence clear in the face of struggle?

11 Eighth Month

When I am faced with an issue of conflict, do I consciously reflect on ways to respond that speak from Quaker tradition and testimonies? What does this look like?

18 Eighth Month

How is my experience of Quaker worship the wellspring from which I draw strength to do what is required of me as a Friend?

25 Eighth Month

In what ways can I create habitual spiritual practices that give me a foundation of strength, courage, and holy ground with which to face day to day challenges?

*Friends,

Queries for the Journey for Fifth, Sixth, and Seventh Month 2024 were discerned in a collaborative effort with Anne Pomeroy and their elders. The Queries are meant to be part of the reflection that coincides with Anne's three retreats but can also be used individually as Friends are led. *Jan Dahm and Lisa Erasmus*

Queries for the Journey Seventh Month 2024

7 Seventh Month

Living a spiritual life can be called honoring that of God in us and others as we live our days. How might this manifest for you? How do you see this happening in committees, meeting for worship, for business, and in individual relationships?

14 Seventh Month

Are there waves or trends in what you are hearing from Spirit?

21 Seventh Month

How do you distinguish calls for action that come from the world or ego, from ones that come from Spirit? How does discernment from deep listening guide our journey as Friends? When you have been deeply listened to, how have you seen the ripples of being listened to manifest in ministry, action, and relationships?

28 Seventh Month

Have you doubted a nudge, a message in Meeting for Worship, or a direction in your life? What happened afterwards? What comfort or discomfort do you experience when you receive a nudge or hear a call?

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Queries for the Journey Sixth Month 2024

2 Sixth Month

How can I build trust that God is working through each person where they are? How is this trust informed by the commandment to love thy neighbor?

9 Sixth Month

Continuing revelation is based in seeing or experiencing our spiritual ground differently. How we deeply listen impacts our openness to continuing revelation. When have you deeply listened (whether in worship, in nature or in the dailiness of life) that led to transformation or changed how you see spiritual things?

16 Sixth Month

Are there things that I need to let go in order for Spirit to open new paths toward transformation? What spiritual practices support my willingness to be transformed?

23 Sixth Month

What supports my heart in opening to transformation? What fears, life-long patterns, or doubts get in the way of being open to transformation? What am I willing to commit to, to be transformed by Spirit, by God?

30 Sixth Month

How do we become aware of what we are not listening to and be able to move past that?

Queries for the Journey Fifth Month 2024

5 Fifth Month

Listening is a spiritual practice. How do you prepare yourself to listen to the still, small voice? To listen to others? To listen to God?

12 Fifth Month

While honoring your core truths, what helps you listen to hard messages or to people with whom you have had difficult relationships? How does love guide your listening? What helps you nurture your Spirit when you have listened deeply?

19 Fifth Month

How do you disentangle yourself from the immediate demands of the world to feel Spirit moving and hear your true voice? When you quiet the internal and external noises and messages, what are you hearing?

26 Fifth Month

We each have our own way of listening. How do you leave space to hear “where the words come from?” (John Woolman’s Journal)

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 Twelfth 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 Eleventh 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 Tenth 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'?