

## Queries for the Journey Fourth Month 2026

5 Fourth Month

*How can I bring the spirit of resurrection into my interactions with others?*

12 Fourth Month

*What are the hopes I have for the future that are contrary to the despair that pervades the world?*

19 Fourth Month

*What choices can I make in my daily practice that grow my response to Spirit's call?*

26 Fourth Month

*What are the gifts I can share with the world that address issues of justice and mercy?*

## Queries for the Journey Third Month 2026

1 Third Month

*In what ways do I truly listen to the 'still, small voice'?*

8 Third Month

*When has love been my first response to misunderstanding or even violence?*

15 Third Month

*How do I know the vulnerable throughout my day?*

22 Third Month

*At what part of a struggle does Spirit become my guide?*

29 Third Month

*How do I find peace in the midst of fear, despair, or grief?*

## Queries for the Journey Second Month 2026

1 Second Month

*How does listening nurture my sense of oneness with Spirit, others, and the Earth?*

8 Second Month

*In what ways can a silent witness for peace and justice speak Truth to power? What is my role in bringing strength and hope to this work?*

15 Second Month

*What does it look like to 'love my neighbor, no exceptions'?*

22 Second Month

*When have I experienced a collective power for good that was more than I could offer on my own?*

## Queries for the Journey First Month 2026

4 First Month

*How is gratitude the foundation and umbrella for my work in the world?*

11 First Month

*How do I 'love my neighbor, no exceptions'?*

18 First Month

*When have I given voice to the voiceless?*

25 First Month

*When have I failed to recognize 'the least of these'?*

## Queries for the Journey Twelfth Month 2025

7 Twelfth Month

*How open am I to the work of Spirit in my life?*

14 Twelfth Month

*To what extent do I really listen to the needs of others in my daily interactions?*

21 Twelfth Month

*Where do I find the Divine incarnate in the everyday?*

28 Twelfth Month

*How do I contribute to fulfilling the hopeful expectation of peace in the world?*

## Queries for the Journey Eleventh Month 2025

2 Eleventh Month

*Where do I find joy most prevalent?*

9 Eleventh Month

*In what ways do I engender a spirit of peace in events and people around me?*

16 Eleventh Month

*How do I walk “the path of righteousness” (Psalm 23) despite fears?*

23 Eleventh Month

*What spiritual practices keep me grounded in Spirit amidst strife in the world?*

30 Eleventh Month

*When have I been called to ministry/work for which I do not feel qualified, but that I have discerned is a definite leading?*

## Queries for the Journey Tenth Month 2025

5 Tenth Month

*In what aspects of my life do I experience Spirit carrying me?*

12 Tenth Month

*What gifts do I have that serve the needs of the most vulnerable?*

19 Tenth Month

*What fears keep me from answering 'that of God' in others?*

26 Tenth Month

*Where do I find hope in our troubled world?*

## Queries for the Journey Ninth Month 2025

7 Ninth Month

*What does being faithful mean to me as a Friend? Are there ways in which I know I am being faithful?*

14 Ninth Month

*In what ways have I experienced Meeting for Worship with a Concern for Business as worship?*

21 Ninth Month

*How does having a spiritual foundation for activism work for me? How have I seen it present in my meeting or worship group? In my yearly meeting or other Friends' organizations?*

28 Ninth Month

*What are my daily spiritual practices that renew my hope?*

## Queries for the Journey Eighth Month 2025

3 Eighth Month

*What opportunities do I have to respond to changes in my life and in the world with trust and compassion?*

10 Eighth Month

*How can the Light shine through me despite my flaws, imperfections, and doubts?*

17 Eighth Month

*What unexpected events in my life have engendered a sense of the Divine? How have I responded to these holy surprises?*

24 Eighth Month

*What do I need to surrender in order to grow in spiritual depth?*

31 Eighth Month

*How do I understand the workings of transformation in my own life? In what ways have I seen this nudge me into closer relationship with God or others?*

## 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 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 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'?*