



*Spirit*TM
LOVE
SONG

Quiet Waters: Scripture Reflections

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Psalm 23:2-3 (NIV)

"He leads me beside quiet waters. He restores my soul."

Reflection:

There is a stillness in God's presence that the world cannot imitate. When chaos surrounds us or our hearts feel weary, He gently leads us - not with force, but with peace - beside the quiet waters of His love.

To be restored is not always to be changed, but to be held, remembered, and re-centered in love. Let this verse be your invitation to breathe, be still, and allow your soul to rest.

Psalm 139:1-6 (NIV)

"You have searched me, Lord, and you know me.

You know when I sit and when I rise; you perceive my thoughts from afar.

You discern my going out and my lying down; you are familiar with all my ways.

Before a word is on my tongue you, Lord, know it completely.

You hem me in behind and before, and you lay your hand upon me.

Such knowledge is too wonderful for me, too lofty for me to attain."

Reflection:

Psalm 139 reminds us that healing begins with being known. God understands our patterns, our fears, and our needs - even before we do. As you explore your emotional patterns through **How You Love**, know that you are never alone. You are seen, loved, and intimately known.

Return to these verses anytime you need to feel grounded in peace or reminded of divine presence.