

CORELLA ROBERTS

CATCH
THE
RAIN

reflection

guide

about

Catch the Rain Reflection Guide by Corella Roberts

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This guide is intended to accompany the full-length book:

CATCH THE RAIN

**SOUL RESTORATION FOR THE
DRY AND WEARY CHRISTIAN**



how to use this guide

GETTING STARTED

Catch the Rain is intended to be more than a book that you read and gain insight from. It's meant to be a companion on your spiritual journey. As you read it, my hope is that you'll be able to relate and connect to my story, then turn to the next page in your own as you intentionally meet with God through responding to the text. This reflection guide simply offers another way to do that. It's important to remember not to rush the process of restoration. If you come to a section of the book that particularly challenges or stirs you, take time to pray through it and process it in whatever way is most helpful for you.

PREPARE, INTERACT, and RESPOND

Before reading each of the six parts in *Catch the Rain*, I'll offer you a scripture to meditate on and another look at the spiritual practice that is suggested in the section.

During reading, you'll find space to take notes and record which reflection responses from the text you interacted with.

And after reading, you'll be invited to respond to God by writing a prayer that you want to hold onto.

God is ready and waiting for you to turn the ears and eyes of your heart toward Him. When we take one feeble step in His direction, He sprints to our side with a ready embrace. Even if you've walked through a season of darkness, drought, and seeming silence from heaven, I pray that clouds of grace overshadow you, and His refreshing rain saturates your soul as you seek His face here and now.

PREPARE ~

Before reading Part 1, meditate on the scripture below:

PSALM 86:1-7, 11-13

A prayer of David.

Hear me, Lord, and answer me,
for I am poor and needy.
Guard my life, for I am faithful to you;
save your servant who trusts in you.
You are my God; have mercy on me, Lord,
for I call to you all day long.
Bring joy to your servant, Lord,
for I put my trust in you.

You, Lord, are forgiving and good,
abounding in love to all who call to you.
Hear my prayer, Lord;
listen to my cry for mercy.
When I am in distress, I call to you,
because you answer me.

Teach me your way, Lord,
that I may rely on your faithfulness;
give me an undivided heart,
that I may fear your name.
I will praise you, Lord my God, with all my heart;
I will glorify your name forever.
For great is your love toward me;
you have delivered me from the depths,
from the realm of the dead.

RESPOND ~

Write out a prayer that encapsulates what God has shown you from Part 1.
How has He taught you to listen to both your own soul and His voice?

Abba Father ...

Listen

2

create safety

PREPARE ~

Before reading Part 2, meditate on the scripture below:

JOHN 16:33 & 17:13-15

Jesus speaks to His disciples:

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Jesus prays to His Father:

“I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. My prayer is not that you take them out of the world but that you protect them from the evil one.”

PREPARE ~

Learning to rest (not simply distract yourself with entertainment) is tantamount to healing. We know this physically, but it is also true spiritually. That's why a weekly Sabbath is suggested in Part 2. Carry these thoughts with you as you practice rest:

1. Sabbath is a gift given for our good
2. It's a radical expression of trust in God, not self
3. Be prepared to fight for it; the Western World and the prince of this world do not like holy rest
4. It takes time to find a weekly rhythm of rest on the Sabbath—make adaptations and keep trying
5. To practically facilitate Sabbath keeping, try turning off your phone for the day, starting with a special meal, lighting a candle, and gathering with community for worship and enjoyment of the Lord

As you try this practice, record your thoughts and experience here:

RESPOND ~

Write out a prayer that encapsulates what God has shown you from Part 2.
What spaces for healing is He leading you toward?

Abba Father ...

safe +

3

get personal

PREPARE ~

Before reading Part 3, meditate on the scripture below:

REVELATION 2:2-7

“I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false. You have persevered and have endured hardships for my name, and have not grown weary.

Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place. But you have this in your favor: You hate the practices of the Nicolaitans, which I also hate.

Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.”

PREPARE ~

Understanding what mostly deeply nurtures your soul and facilitates your connection with God can be the difference between a thriving faith and a withering spirituality. Gary Thomas suggests nine different spiritual pathways or temperaments.

1. Naturalists - love God best outdoors.
2. Sensates - love God through their senses.
3. Traditionalists - love God through religious ritual and symbol.
4. Ascetics - love God in solitude and simplicity.
5. Activists - love God through confrontation, fighting for godly principles and values.
6. Caregivers - love God by serving others, and worship by giving of themselves.
7. Enthusiasts - love God through mystery and celebration.
8. Contemplatives - love God through adoration.
9. Intellectuals - love God with their mind, seeking to understand new facets of Him.

Which pathways might fit you?

INTERACT ~

What stands out to you from these chapters? Notes:

INTERACT ~

Which reflection responses did you choose to try? What did God show you through them?

RESPOND ~

Write out a prayer that encapsulates what God has shown you from Part 3. What has He shown you about the depth of your personal relationship with Him?

Abba Father ...

personal

4

bring all of you

PREPARE ~

Before reading Part 4, meditate on the scripture below:

MARK 12:28-31

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”

“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

PREPARE ~

You are a holistic being, and God enjoys every aspect of you--your mind in which you think, your spirit in which you live, your heart in which you feel, and your body in which you experience all the above. Using your body to worship offers a full sense of freedom and joy. Here are some ways in which you can do that:

1. Create something that represents an attribute of God
2. Raise your hands in surrender while singing
3. Do a stretching routine while listening to scripture or reciting a memorized verse
4. Take regular prayer walks or runs
5. Kneel or lie prostrate when praying
6. Dance to worship music
7. Eat well-balanced, low-sugar meals while giving specific thanks for each food
8. Play an instrument while worshiping
9. Nap (yes, this can be a spiritual discipline!)
10. Visit a health-care specialist

As you try this practice, record your thoughts and experience here:

RESPOND ~

Write out a prayer that encapsulates what God has shown you from Part 4.
What does it mean for you to bring all of you into your daily worship?

Abba Father ...

all of you

S *Let God fight for you*

PREPARE ~

Before reading Part 5, meditate on the scripture below:

EXODUS 14:10-14

As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. They said to Moses, “Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? Didn’t we say to you in Egypt, ‘Leave us alone; let us serve the Egyptians’? It would have been better for us to serve the Egyptians than to die in the desert!”

Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still.”

PREPARE ~

If you've been responding to the text in this guide, you're already journaling. Keeping a journal is a way to both pray and to remember, to release and to capture. If you don't already have a journal to mark your spiritual journey, here are some tips to help you get started:

1. Journal anything—one word to summarize the day, a quote from a book, a doodle, a prayer, a dream, an idea ... this doesn't have to be a "Dear Diary" format.
2. Use a notebook and pen/pencil you love
3. Schedule time for it at least weekly
4. Give yourself a set question to answer (i.e. How did I notice God with me today?)

As you try this practice, record your thoughts and experience here (or in your own journal!):

INTERACT ~

What stands out to you from these chapters? Notes:

RESPOND ~

Write out a prayer that encapsulates what God has shown you from Part 5.
How has He shown you His authority and trustworthiness?

Abba Father ...

Let God fight

6 persevere realistically

PREPARE ~

Before reading Part 6, meditate on the scripture below:

MATTHEW 26:36-41

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

PREPARE ~

Following Jesus is hard. He told us it would be. And He also told us we would need both His Spirit and His body to persevere on the journey. I hope you're experiencing new ways to connect with His Spirit already, and I want to suggest some ways to assure you're connecting with His body, opening yourself in confession and accountability:

1. Talk to a trusted friend about ongoing struggles and plan for a time to meet regularly
2. Take opportunities to be prayed for at your local church
3. Find a mentor to offer wisdom to you

As you try this practice, record your thoughts and experience here:

RESPOND ~

Write out a prayer that encapsulates what God has shown you from Part 6.

What does *hineni* mean to you? What roots do you want to strengthen?

Abba Father ...

persevere