



THE INTIMATE GOD

CHAPTER 1 EXERCISES

How Does God Feel About You?

EXERCISE ONE

In this exercise, I want you to place yourself again in the Luke 15 story as the prodigal son. Regularly doing this exercise can help you grow in experiencing the Father's love for you.

Find a quiet place where you can be alone with Jesus. Slowly read **Luke 15:11–24**.

Now place yourself back into the scene where you, as the prodigal son, are returning to your Father. Slowly envision yourself in each part of this story. Envision the Father running toward you, wrapping His arms around you, putting a robe on you, etc.

If you get stuck somewhere in the story, take some time to ask Jesus about that. Why am I stuck here? If He brings something to mind, invite Him into that situation and follow His guidance.

As you conclude this exercise, stay in this place for a few minutes, letting the Father love you. How does this feel? Enjoy His love for you.

EXERCISE TWO

Find a quiet place where you can be alone with Jesus.

In the story from Luke 15, there was another son in the family—the obedient son, who stayed home and did everything the father asked.

Slowly read the rest of the passage, **Luke 15:25–32**, and then answer the following questions.

- How would you describe the older brother's perception of his father? Is that perception accurate?
- How does the older brother's misperception impact him?
- How would you describe the older brother's identity?
- How does he view himself in relation to his father?

Now place yourself in this part of the story and envision yourself as the older brother. Play the scene out in your mind. What does the Father want to say to you? Where might you be missing out on an experience of the Father's love and why?

Take a minute and simply enjoy the Lord's love for you.

EXERCISE THREE

Slowly read the following paraphrase of **Romans 8:15–16**, where we have replaced “you” with either “I,” “me,” or “my”: *The Spirit I received does not make me a slave, so that I live in fear again; rather, the Spirit I received brought about my adoption to sonship. And by him I cry, “Abba, Father.” The Spirit himself testifies with my spirit that I am God’s child.*

Slowly read it again. What stands out to you as you do so?

Is there any part of this passage that feels difficult for you to fully experience? Why is that?

Ask the Holy Spirit to deepen your experience of God as your “Abba” (Abba means “Papa” or “Daddy”).

Ask the Holy Spirit to testify with your spirit that you are God’s child. What do you hear Him say to you?

Take a moment to envision from **Numbers 6:24–26** God’s face being turned toward you and Him delighting in you. How does it feel to know He is smiling over you?

RECOMMENDED RESOURCES FOR FURTHER EXPLORATION

Seeing Is Believing: Experiencing Jesus through Imaginative Prayer,
by Greg Boyd.

The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation, by Michel Hendricks