



THE INTIMATE GOD

CHAPTER 3 EXERCISES

Listening to Jesus

EXERCISE ONE

Begin your practice of stillness with some spiritual breathing, attaching a simple prayer to your inhale and exhale.

Now be present to your inner being. What parts of you are needing to be seen? What emotions or thoughts are you experiencing? Acknowledge them with compassion.

Now be present to the Lord. Be aware of His presence with you. Feel free to imagine Jesus standing before you or sitting beside you. Enjoy His presence. Express your love for Him.

After enjoying His presence for a few moments, practice listening by asking Him this question: *Jesus, when You look at me, what do You see?* Write down whatever you hear Him say.

Thank Him for His presence with you.

EXERCISE TWO

Begin your practice of stillness with some spiritual breathing.

Now be present to your inner being. What parts of you are needing to be seen? What emotions or thoughts are you experiencing? Acknowledge them with compassion.

Be aware of Jesus' presence with you. Enjoy Him.

Think of one of the emotions you are experiencing. What would it look like to process that emotion in the Lord's presence? Ask Him if there is anything He wants to say to you about that emotion.

If it is a negative emotion, ask the Lord, *"Is there a lie or false perspective that I am believing in this situation?"* Then take a minute or two just to listen.

If you hear anything, write it down. If it becomes clear that you're being told or are telling yourself a lie, renounce it. *Jesus, I renounce this lie that I have been believing that I will never measure up . . . or that You don't have good things for me.*

For each lie you renounced, now ask Him, Jesus, what is the truth You want me to know?

Write down what you hear.

EXERCISE THREE

Practice stillness (spiritual breathing, being present to yourself).

Now be aware of Jesus' presence with you. Enjoy His presence.

Think of a person you would like to pray for. Imagine them standing in a room. Now imagine that Jesus enters into that room and comes up to them. Ask Him, "*Lord Jesus, what do You want to do for this person?*"

Pay attention to what Jesus does in this picture.

Take a moment and pray for them what Jesus did for them in this picture in your mind.

If you feel a freedom to do so, share with this person what you heard the Lord saying to you.

RECOMMENDED RESOURCES FOR FURTHER EXPLORATION

Can You Hear Me?: Tuning in to the God Who Speaks, by Brad Jersak

More: When a Little Bit of the Spirit Is Not Enough, by Alan Kraft