



THE INTIMATE GOD

CHAPTER 2 EXERCISES

Stillness

EXERCISE ONE

Carve out a few minutes where you can be alone in a quiet place with no distractions (including turning off your cell phone).

Take a few deep breaths. Attach the following prayer to each inhale and exhale. “Holy Spirit” (inhale), “breathe on me” (exhale). Repeat this a few times.

Now take a couple of minutes to be present to yourself. Where are you right now? Be attentive to the scattered parts of you. What parts of you are “around the table”? What thoughts or emotions--remember S-H-A-D-E-S (Sad, Happy, Angry, Disgusted, Excited, Scared)--are you currently experiencing or have you experienced in the last day or two?

Don't beat yourself up for things you are feeling. Don't run from these emotions. Be present to your heart.

Now that you are fully present to yourself in this moment, welcome Jesus into that authentic, real space. Imagine yourself in a peaceful place and Jesus coming to sit in front of you. Say to Him, *“Jesus, I give everything and everyone to You.”*

Open your heart afresh to experience His delight in you. (Feel free to imagine yourself again in the prodigal son story or imagine Jesus expressing His tender love for you.)

Take some time to enjoy His love.

Tell Him that you love Him.

EXERCISE TWO

Carve out a few minutes today where you can be alone in a quiet place with no distractions. Don't hurry this.

Take a minute for spiritual breathing. "Abba Father" (inhale), "I belong to You" (exhale). Repeat this a few times.

Now ask yourself, "*Where am I?*" Pay attention to the thoughts and emotions that parts of you are feeling.

Now imagine that Jesus' face is turned toward you and that He delights in you.

Imagine that He says to you, "*I see you. I understand what you are going through.*" How does it feel to have Him say that to you?

Say to Him, "*I give everything and everyone to You.*" Feel free to repeat this prayer to Him as often as you'd like.

Take a few moments and express to Him your love for Him.

EXERCISE THREE

Carve out a few minutes today where you can be alone in a quiet place with no distractions.

Do at least one minute of spiritual breathing.

Now ask yourself, “*Where am I?*” Be attentive to the parts of you that surface. What emotions and thoughts are you carrying?

Now say to Him, “*Jesus, I give everything and everyone to You.*” Repeat that prayer as often as necessary.

As you release all these things to Him, open your heart to receive His love for you. Imagine Him holding you or His presence surrounding you. Feel His love for you. Enjoy His delight in you.

Now express your love for Him.

RECOMMENDED RESOURCES FOR FURTHER EXPLORATION

Wholeheartedness: Busyness, Exhaustion, and Healing the Divided Self,
by Chuck DeGroat

The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World, by John Mark Comer