



# THE INTIMATE GOD

————— MARCH 2 & 3 —————

## **Continuing Your Intimacy with Jesus**

### ***EXERCISE ONE***

Find a quiet, comfortable spot where you can be free from distractions.

#### ***Stillness***

Begin your time with some spiritual breathing. On the inhale, “Spirit of God,” on the exhale, “breathe on me.” Do this five or six times.

Now tune into the parts of you that around the table. Try to specifically identify 2-3 emotions you are feeling. Is there one of those parts that needs attention? Take a few moments to compassionately move toward that part of you. What does this part need from Jesus?

Now welcome Jesus to minister to this part of you. What does He want to say or do with that part of you?

#### ***Prayer***

Take some time to pray through the Lord’s prayer. Don’t feel any rush to get through it all. Begin with **Presence**— “Our Father in heaven...” Remind your soul that you are praying to a God who is your Father.

Continue on to **Praise**—“Hallowed be your name.” What specific attributes of or blessings from God can you acknowledge to Him?

As time allows, continue through the rest of the Lord's Prayer. (Purpose, Provision, Pardon, Protection) For more information, see chapter 4 in *The Intimate God*.

### **Scripture**

Slowly read **John 1:35-42** a few times. What is standing out to you?

How would you answer Jesus' question, “What do you want?”

In this passage, we see Jesus giving Peter a new name and identity. Ask the Lord: *Jesus, are there any false identities I've been living under?* If He brings any to mind, release that to Him. Then ask Him: *Jesus, what is my true identity?*

## **EXERCISE TWO**

Find a comfortable spot free from distractions.

### **Stillness**

Begin with some spiritual breathing. Tune into your heart. Notice the various parts of you around the table. What part needs attention? Invite Jesus to move toward that part of you.

### **Prayer**

Pray through the Lord's prayer, slowing down in the **Purpose** section—“Your kingdom come, your will be done”. Where do you long to see Jesus' kingdom moving in a situation or in the lives of people in your life. Ask Him to do that.

As time allows, pray through each part of the Lord's prayer.

### **EXERCISE THREE**

Find a comfortable spot free from distractions.

#### **Stillness**

Begin with a minute of spiritual breathing. On the inhale, "Abba, Father," on the exhale, "I belong to You."

Be present to your heart and mind. What thoughts are racing through your mind? With each of those, offer that thought to the Lord. Release it to Him. Imagine handing that thing over to Him for His safekeeping.

#### **Prayer**

Pray through the Lord's prayer. Consider slowing down in the **Pardon** section. Ask the Holy Spirit, Are there any sins I need to confess and repent of? Wait, listen, confess.

Now ask, "Is there anyone I need to forgive?" Wait, listen, then walk through the ABC's of forgiveness. (Page 68-69 in *The Intimate God*)

#### **Scripture**

Slowly read Jesus' words in **Matthew 7:24-27** a few times. What words or phrases stand out to you? Ask Jesus, what are you saying to me here? What is one action step He is calling you to take in response to His Word?

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How is practicing the presence of Jesus going? Are you cultivating a conversational relationship with Him throughout your day?

How is your practice of Sabbath? Are you intentionally creating space in your week to rest, to be, to enjoy the things that pour life into you and to enjoy your Heavenly Father?