

PRACTICE BEING KNOWN

An Exercise to accompany Tree of Life Lesson in FREEDOM

Instructions prior to exercise: Give permission to use imagination. God created us with an imagination. Let them know you'll be asking questions throughout the exercise. They are not intended to be answered out loud, simply for their own processing. Welcome whatever comes.

1. Relax. Get in a comfortable position with your eyes closed.
2. Take a deep breath and begin to imagine yourself in a physical environment that is peaceful and calm. It can be a real place or an imagined one.
3. Allow yourself to imagine yourself now in your imagination being near the Tree of Life. Freedom. Grace. Life forever. God's goodness and His forgiveness. Take few minutes to be aware of your surroundings. Look around the scene; notice what you **see** ***** What do you **hear**? *****
What do you **taste**? ***** What do you **smell**? ***** What do you **touch**? Allow all of you to be in the midst of His goodness and grace.
4. Now, I want you to look around the scene for Jesus. He is Immanuel. God with us. Where is He? (pause) How is He dressed? (pause) What is He doing? (pause) What is the expression on His face?
5. Now imagine hearing Jesus call your name. ** He comes close to you, puts His hand on your face, lifts your chin and looks into your eyes – deep into your soul - as He says these words: "You (name) are my son, you are my daughter, and I love you. And I am SO pleased with you."

Do not turn away from His gaze.

Do not resist His voice.

REPEAT: "You are my daughter, you are my son, and I love you. I am SO pleased with you."
6. For the next few minutes, just allow yourself to be in His presence. *****
7. With the loving gaze of Jesus upon you -- Is there anything you want to say to Him regarding your experience with shame or having a "victim mentality?"
8. What do you feel Jesus is feeling as He looks with tenderness and strength into the windows of your soul? What does He want to say to you? Can you receive it?
9. And now ***** Is there anything else Jesus wants you to know? (pause to give time for conversation)

Thank you, Lord, for Your presence, Your delight in each person here, and for any new perspective we have received.

Further Instructions: *Consider practicing this meditation every day this week. Remember that you are not simply engaging with some abstract dimension of your mind; you are in fact, changing the neural networks of your brain. Practically, this exercise may lead you to a deep awareness of being known and cared for by your Father. Initially, this may take place only during the meditation. Eventually however, you will find that you can quickly access the positive images, feelings, sensations and words you hear during moments of discomfort in everyday life, altering your response to anxiety-provoking events.*