

# GROWING AWARENESS

Life

Relationships



*May God himself, the God of peace, sanctify you through and through.  
May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.*

The goal of this illustration is to provide a framework for processing with the Lord and others the events and relationships of our lives. A process such as this can help inform and unlock us so we can heal and grow into more whole lovers of God and people. (ISAIAH 61 AND MATTHEW 22:36-40)

Feel free to use this guide, example on the next page, and the Growing Awareness Illustration itself to help lead you or another in growing awareness. These questions are meant to help jump-start your processing. Some will not need this guide to help grow awareness, others will be served well by it. For those who utilize it, after reading the questions from each section, jot down what comes to mind on the Growing Awareness Illustration. Use the example on the following page as a reference.

**Begin by letting Jesus know He is welcome to be with you during this time.**

## LIFE AND RELATIONSHIPS

Under these words, write the event or relational issues to be processed. This could be something recent or something from your past.

## SOUL

- **Mind:** *Thoughts and beliefs*

What have you been saying to yourself? What or whose voices are you replaying in your head? What is the impact of listening to these voices? What are you believing about God? How do you sense He postures himself toward you relationally? What are you believing about your roommate? Your spouse? Your children?

- **Emotions:** *Feeling words*

How did you feel when you voiced concern and your friend said it was no big deal? (You may need to google emotion words to help yourself or find another language that fits.) When have I felt similar emotions in the past?

- **Will:** *What we will ourselves to do*

What have you done? What choices have you made? What has been helpful? What hasn't been? How do you make decisions?

## BODY

**Identify sensations and impact:** What did you feel in your body when that happened? What has it been like for your body to carry that pain (or other named emotion) all these years? Where does your body carry stress? Or what is happening in your body right now as we talk about this?

**TIPS:** Remember "the body is a canvas for the soul." Many times when people can't connect directly to emotion, they will be able to do so as they pay attention to their bodies. Body sensations can be a pathway to discover or unlock emotion.

We may need to acknowledge and help normalize that many in our western world and evangelical Christianity are not comfortable paying attention to our bodies. Saying something like this could help: "This may sound weird, but if you pay attention to your body, what do you notice?" or "If you pay attention to your body, what does it say to you?" If someone is still not comfortable paying attention to their body, honor this reality.

You may need to google a list of bodily sensations/feelings to help provide language to describe what you are experiencing in your body.

## SPIRIT

In what ways do you sense the Lord desires to interact with you about this? What does God have to offer you in this situation? Sometimes it is helpful to invite Jesus to give His perspective. "Jesus, as you look at what I've written here, what do you see?"

## LIFE AND RELATIONSHIPS

How may others have been impacted by this situation? What may they have felt? Believed? Thought? How may they have interpreted this situation differently? (You could even ask them.)

**TIP:** Share what you have processed, or portions of it, with a safe person.

# GROWING AWARENESS *example*

Here's an example of what Jerri Ann had processed prior to asking Jesus' perspective, and prior to her husband and son sharing their perspective.

Life

Last night it seemed like everyone was coming against me when we played board games.

Relationships



-I took breaths and did my best to stay relational.  
-I didn't get defensive like I would have in years past ☺