gratitude: Write anything I appreciate and then write what I think God’s response is to my gratitude.

Dear God, I’m thankful for...

Dear child of mine...

I can see you. Write what I believe God observes in me right now, including my physical sensations.

Example: I can see you at your desk. Your breathing is shallow and your shoulders are tight.

I can hear you. Write what you believe God hears you saying to yourself.

Examples:

- You are wondering if I will speak to you and how you would ever know. You are discouraged and tired.
- You woke up full of energy this morning. You are ready to take on the world. Your mind is buzzing.
I understand how big this is for you. How do you think God see your dreams, blessings or upsets and troubles?

Examples:
- I want you to know that I care about what matters to you. Your desire to honor me brings me great pleasure.
- I understand how intimidated you feel. This situation feels all-consuming to you as if you are about to sink.

I am glad to be with you and treat your weakness tenderly. How do you think God express his desire to participate with your life?

Examples:
- Your dreams are precious to me. I fill you with life each day and really enjoy your desire to.
- I see your discouragement after yelling again. Times when you are frustrated and tired are when I want to be closer to you.

I can do something about what you are going through. What does God give you for this time?

Examples:
- Come away with me. I offer you times of refreshing, new energy and vision.
- I will strengthen you. Remember how your friend encouraged you last week? With me you are not alone.

STEP THREE
Read what you have written aloud (preferably to someone).

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