

Looking For Love In All the Right Places

Reflections & Resources

GROWING DEEPER

When was the last time I felt God's presence? What happened?
how did I feel? What was God showing me through that
experience?

Prayer of Relinquishment (Letting go)

What is hindering me from experiencing God's presence in my
life (beliefs, behaviours, habits, pain, hurt, fear, anger, lust,
envy, ambition)?

What might God be inviting me to let go of?
What might God be inviting me to into?

Processing Disappointment

- 1) What has disappointed me in my relationship with God?
- 2) Write out the situation in detail
- 3) Describe how it made you feel
- 4) Describe how it impacted your perspective of God
- 5) Describe to God how you feel as you reflect on this
- 6) Ask God where He was in this situation
- 7) Ask God what He felt for you in this circumstance
- 8) Release this disappointment to God and ask Him to bring healing
- 9) Ask God what He wants you to do in light of what has happened

Prayer of Examine (Nightly Reflection)

1) Recall 2) Reflect 3) Release

How did I draw close to God today?

How did I draw away?

Books

Attentive Life, The: Discovering God's Presence in All Things
by Leighton Ford

Practice of the Presence of God by Brother Lawrence

Sacred Rhythm by Ruth Haley Barton

Podcast & App

Being Known Podcast

Season 8- In The Path of Oncoming Beauty

Lectio365 App

