

Picture of God reflection

In this reflective practice, we are going to create space to begin paying attention to the way we see God. In other words, what conscious and unconscious pictures do we hold that guide how we relate to God?

A few words of guidance for this reflection. As you respond to each prompt:

- Write your first internal response. Notice your gut reactions. This reflection is not about the “right” answers but recognizing our default answers.
- As much as you are able, be honest in your responses. Try to avoid overthinking, editing, or polishing your thoughts. Pay attention to all the thoughts, emotions, and physical responses that surface for you.
- You can write as much or as little as you want, but you might find it helpful to write at least a brief response—even if it is just one or two words—to each prompt. This will help you see the whole picture painted by your responses.
- Be gentle with yourself as you reflect. The purpose of this reflection is growing in understanding not to judge ourselves or feel shame for the way we respond. These responses come from the experiences in our lives. They are not a reason to be ashamed.
- Finally, this reflection is for you. You will not need to share anything you are not comfortable sharing.

Movement 1

Take the next 5 minutes writing your responses to the prompts below.

- God is usually...
- When I fail, God...
- When I succeed, God...
- God is most pleased when I...
- God I most disappointed when I...
- If I slow down or rest, God...
- Deep down, I am worried that God...

Movement 2

Take the next 5 minutes writing your responses to the prompts below.

When I think about Jesus, I think:

- Jesus is usually...
- When I fail, Jesus...
- When I succeed, Jesus ...
- Jesus is most pleased when I...
- Jesus I most disappointed when I...
- If I slow down or rest, Jesus ...
- Deep down, I am worried that Jesus ...

Movement 3

Take the next 5 minutes to reflect on the questions below.

- What is the major negative component of your God- picture?
- How was this negative component formed in your own history?
- What do you find most attractive in your Jesus-picture?
- What would it mean for you integrate the most attractive feature of your Jesus -picture with your God-picture?
- How do you think this may happen?