

PRACTICE BEING KNOWN

IMAGINATIVE PRAYER

Adapted from Curt Thompson's *Anatomy of the Soul* by Jessica Louwerse for Reclaim

LUKE 3:21-22

Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened, and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, "You are my beloved Son; with you I am well pleased. (ESV)

JOHN 17:20-23

I am not asking solely for their benefit; this prayer is also for all the believers who will follow them and hear them speak. Father, may they all be one as You are in Me and I am in You; may they be in Us, for by this unity the world will believe that You sent Me. All the glory You have given to Me, I pass on to them. May that glory unify them and make them one as We are one, I in them and You in Me, that they may be refined so that all will know that You sent Me, and You love them in the same way You love Me. (The Voice)

THE PRAYER

- Allow yourself to be in a comfortable posture with your eyes closed.
- Take a deep breath and begin to imagine yourself in a physical environment that is peaceful and calm.

You may visualize yourself beside an ocean or a lake, in a forest or a meadow, or surrounded by mountains—anywhere that exudes beauty and tranquility. You may visualize somewhere else that is meaningful to you—a safe place.

- Allow yourself, in your imagination, to take a few moments to become aware of your surroundings with all of your senses—what you can see, smell, feel, touch, and maybe even taste.
- Next, allow yourself to sense God's presence. There is no right or wrong way for God to be appear or be revealed.

If you have a hard time sensing God's presence, call to mind a time from the past you felt God's presence strongly or linger with your desire to feel God's presence.

- Now, imagine hearing God clearly say to you directly, calling you by name, "_____, You are my child (daughter/son), and I do so love you. I am so pleased with you and that you are on the earth."

Continued...

- Imagine God telling you, “_____, You are my child (daughter/son), and I love you and I like you. I am so pleased to be with you.”
- Sense, if you can, God looking you directly in the eyes as these words are said. Allow God to gaze upon you—to speak these words over you.
- Allow yourself to be in God’s presence for several minutes. Linger in this place for awhile and savor the experience.
- Notice:
 - What are you feeling? What are you thinking?
 - What do you imagine God feeling as he looks at you with tenderness and strength into the windows of your soul?
- When you are ready, bring your attention gently back to the present moment and reflect on your experience.

REFLECT

- What are your initial reactions to the prayer or the experience of the prayer?
- What thoughts or emotions came up during the practice?
- Were there any moments that stood out to you?
- Did you encounter any challenges or discomfort during the practice?
- Revisit this question and share if you feel comfortable: What did you feel as God spoke words of love and like over you? As you imagined God looking upon you with tenderness and strength?

PRACTICE

- Remember that people have different reactions to this exercise. There is no right or wrong response, only a true one.
- You are invited to practice this meditation—it may only take a few minutes the more familiar you are with the prayer—each day for six weeks.
- This prayer may lead you into a deeper awareness of being known and cared for by God. Initially, this may take place only during the meditation. Over time, you'll be able to quickly recall the positive images, feelings, and words you experience throughout your every day life, and even help you respond differently in moments of affliction.

