



PARTICIPANT JOURNAL

LESSON 2 | WHO IS GOD? | RELATIONSHIPS ARE ESSENTIAL

From the very first moments in time and pages in scripture, God was creating us for relationships; creating us in His image. As humans “made in the very image of God”, our relationship with God and with other people is an essential element of our healthy design. Healthy relationships with other humans offer us a window into the self-sacrificing love of Father, Son, and Spirit. It was true for Adam, true for Jesus, and is true for us. Come and see the invitation to live into your design as an image bearer of God!

NOTE SPACE



JOURNAL

Think back over yesterday, hour by hour, write down each instance where you can picture God delighting in you.

TRIAD DISCUSSION

Share parts of your journal reflections with each other.

What is it like to picture God delighting in you in ordinary moments throughout the day?

How could this practice begin to heal past distorted images of God?

GROUP DISCUSSION

Read this quote and reflect on your own comfort level with vulnerability. Share your reflections in your group.

"As long as you show up with some degree of vulnerability, the Spirit can keep working. Self-sufficiency makes God experience impossible! That's why Jesus showed up in this world as a naked, vulnerable one, a defenseless baby lying in the place where animals eat. Talk about utter relationship! Naked vulnerability means I'm going to let you influence me; I'm going to allow you to change me. The Way of Jesus is an invitation to a Trinitarian way of living, loving, and relating—on earth as it is in the Godhead. We are intrinsically like the Trinity, living in absolute relatedness. To choose to stand outside of this Flow is the deepest and most obvious meaning of sin."

-RICHARD ROHR

In today's lesson, we talked about relationships being essential, not secondary; relationships as a primary way through which we experience God and the primary way we "image" God's Divine love to others. Share an example of a time when the way you understood or experienced God changed through your relationship with someone.

What was it like to practice Breath Prayers last week?

Share your 'take away' from the lesson, your journal, or the group sharing time?

DAILY PRACTICE FOR WEEK TWO : GOD DELIGHTING JOURNAL

Practice the journal exercise from today's lesson each evening in your own journal at home. Think back over the day, hour by hour, write down each instance where you can picture God delighting in you. If possible, share your journal with someone a couple times this week. Share how this practice is impacting how you see God, and how you experience God seeing you.

BENEDICTION

"May the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you." 2 Corinthians 13:14