



A Relationship Exercise

1. Write a series of short sentences that describe your personal vision of a deeply satisfying love relationship with your God and with His Son, our Lord, recognising Jesus as our closest companion who understands our weaknesses and issues. Write each sentence in the present tense, as if it were already happening. For example: “We communicate constantly.” “They are always there when I need them.” “I can depend on them to understand me.” “We are affectionate with each other.” Make all your items positive statements.
2. Rank each sentence with a number from 1 to 5 according to its importance to you, with 1 indicating “very important” and 5 indicating “not so important.”
3. Circle the two items that are most important to you.
4. Put a check mark beside those items that you think would be the most difficult for you to achieve.

A Compassionate Friend Exercise

I want to close with a helpful exercise called a Compassionate Friend meditation.

Consider God. A God of awesome power, yet He wants an intimate relationship with us. And consider Jesus. A mighty Lord, yet who also wants to have this close relationship with us. These relationships provide benefits to us every moment, every day, every month, every year in present time – and, in the future, the prospect of eternal life in His kingdom.

For this exercise, bring Jesus to your mind...

Just sitting quietly, focusing on breathing for a few minutes and then imagining this most compassionate person. Using all of our senses and trying to imagine what they look like, what facial expression they have, what clothes they are wearing, what their voice sounds like, if there is any sensation of smell or of taste, and what they might feel like if we touched them. This sensory focus can help with recalling this image whenever we need to do so.

This person does not struggle with human weakness any longer. However, they understand the human condition perfectly having experienced it themselves. They are there to comfort and encourage us. Perhaps we can generate a feeling or sensation of warmth coming from our compassionate friend towards ourselves as we feel accepted and connected. This person wants what is best for us and is ready to guide us.

We can perhaps imagine what words our compassionate friend might say to us:

Come to me, you are weary and burdened. I will give you rest. I want to draw you in with bands of love.