

# Bands of Love

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Questions to consider, discuss or journal.

1. Reflect on your relationship with God. Do you have a close, intimate relationship with God? Has the relationship changed over the course of your life?
2. The author notes that hymns often reflect a closer relationship with our Heavenly Father and with the Lord Jesus than our exposition often does. What role does music play in encouraging closeness in your relationships with God and Jesus?
3. In considering God as a parent, does your relationship with your earthly father colour your relationship with God? How is it different or similar? How can we adjust our perspective to have a more biblical view of our heavenly father?
4. In considering God as a friend, how do you walk with God, as Enoch or Noah did? How do you show loyalty?
5. In considering God as a marriage partner, how can you increase the level of intimacy in your relationship? What ways can you do this in addition to using more everyday language?
6. What does our relationship with Jesus look like? What does he do for us and what does he expect from us? How does this fit with our relationship with God?
7. A Relationship Exercise
  - A. 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.
  - B. 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."
  - C. Circle the two items that are most important to you.
  - D. Put a check mark beside those items that you think would be the most difficult for you to achieve.

8. Review the Compassionate Friend Meditation. How did it feel to do this exercise with God?  
with Jesus?