

## Images of God

### Exercise I: Addressing the Divine Other

*See the directions below for using this chart.*

<b>Adjective</b>	<b>Title</b>	<b>YOUR</b>	<b>adjective</b>	<b>self title</b>	<b>verb</b>	<b>YOU</b>
gracious	Father	<b>YOUR</b>	obedient	son	adores	<b>YOU</b>
eternal	Creator	<b>YOUR</b>	sinful	daughter	cries out to	<b>YOU</b>
merciful	Lord	<b>YOUR</b>	happy	servant	pleads	<b>YOU</b>
all powerful	Source of life	<b>YOUR</b>	anxious	companion	praises	<b>YOU</b>
compassionate	Goodness	<b>YOUR</b>	surprised	sheep	thanks	<b>YOU</b>
just	Mother	<b>YOUR</b>	adoring	disciple	confesses to	<b>YOU</b>
demanding	One	<b>YOUR</b>	angry	creature	calls to	<b>YOU</b>
tender	Trinity	<b>YOUR</b>	thankful	soldier	serves	<b>YOU</b>
angry	God	<b>YOUR</b>	loving	child	resents	<b>YOU</b>
forgiving	Abba	<b>YOUR</b>	faithful	laborer	rests in	<b>YOU</b>
generous	Teacher	<b>YOUR</b>	frightened	sinner	challenges	<b>YOU</b>
loving	Shepherd	<b>YOUR</b>	attentive	one	glorifies	<b>YOU</b>
all knowing	Guide	<b>YOUR</b>	peaceful	handmaid	follows	<b>YOU</b>
infinite	Judge	<b>YOUR</b>	repentant	prisoner	shouts to	<b>YOU</b>
gentle	Savior	<b>YOUR</b>	struggling	believer	cringes before	<b>YOU</b>
friend	Jesus	<b>YOUR</b>	beloved	follower	desires	<b>YOU</b>
Guiding	Spirit	<b>YOUR</b>	unwise	petitioner	asks	<b>YOU</b>

\_\_\_\_\_ , \_\_\_\_\_ Your \_\_\_\_\_ You

Directions for using the chart:

1. Spend a few moments in silence quieting your body and listening to your own heart. Breathe deeply and place yourself in attention to "the Other" that you name God.
2. Cover all but the first column of words and reflect on this first column of adjectives. Does one of them "ring a bell" with your feelings of **description about God**? Is your feeling word missing? Feel free to add your own. Choose a word from the list or **one of your own** and write it on the first line below the first column.
2. Continue covering the next 5 columns but work with the second column of **titles for God** and choose one or pick your own if it is other than this list, and write it in the second line.
3. Continue working through the other columns in the same way. Focus your attention only on the column you are working with. Let the words listed here be suggestions only – if you have a better word put it down – but stay with what really echoes or resonates in your own heart. No word is good or bad – only accurate to YOUR FEELINGS (THOUGHTS) RIGHT NOW. Do not choose what you think you should put down, but choose a word for each column that you want to put at this moment – that is an accurate description of your own feelings right now. The third column is another list of adjectives and one of them should describe YOU at this moment. The fourth column is a “title” for you in relationship with God – so it describes a relational role. Pick one that accurately captures how you think of yourself at this moment (remember you can always put in another word if the “right” one is not in the list.
4. When you have looked at all the columns and filled in the spaces, read the sentence you have written as a direct address to God and ask yourself if it is an accurate statement of your feelings about God and yourself right this minute. If not, adjust one or more of the words. Address the statement to God in your heart. What is your feeling response as you do so? Does God respond to your address? How? Talk with Jesus about your sentence. Ask him to help you know God and yourself more fully.
5. Try the exercise once a day over several weeks or even once in a while – and see if your sentence changes. Why what is happening in your relationship with God? Are there scripture passages that describe God in this same relationship? Review them and see if they catch your emotional attention.