



Invite Jesus In

PURPOSE: TO INVITE JESUS INTO MY SPACE AND ALLOW HIM SPACE FOR HIM TO MINISTER TO ME.

FIND YOURSELF IN A COMFORTABLE POSITION AND SETTLE INTO STILLNESS.
CLOSE YOUR EYES. FOCUS ON YOUR BREATHING.

IN YOUR MIND, THINKING OF THE ROOM YOU ARE SAT IN. WHAT DOES THE ROOM LOOK LIKE? WHERE ARE THE DOORS? THE WINDOWS? WHAT FURNITURE IS AROUND YOU?

NOW INVITE JESUS INTO THE ROOM WITH YOU. YOU MIGHT WANT TO USE WORDS, OUT LOUD OR IN YOUR HEART, OR YOU MIGHT WANT TO USE A PHYSICAL GESTURE, LIKE OPENING YOUR HANDS.

THINK ABOUT JESUS ENTERING THE ROOM TO BE WITH YOU. DID HE KNOCK? DID HE SILENTLY SLIP IN? DID YOU NEED TO OPEN THE DOOR FOR HIM?

JESUS IS WITH YOU. HOW DO YOU FEEL? TAKE CARE TO NOTICE HOW YOU FEEL. YOU MAY FEEL OVERWHELMED BY AN EMOTION, OR YOU MAY JUST FEEL A GLIMMER OF SOMETHING. BOTH ARE OK.

JESUS IS WITH YOU. HE IS IN THE ROOM WITH YOU. WHAT IS HE DOING? IS HE SAT DOWN? IN A CHAIR? ON THE FLOOR? STANDING? IS HE CLOSE TO YOU? IS HE FAR FROM YOU?

HOW DOES IT FEEL FOR JESUS TO BE IN THE ROOM WITH YOU? THINK ABOUT WHAT YOU WANT FROM HIM. YOU MIGHT WANT TO ASK HIM FOR SOMETHING. TO SIT WITH YOU. TO HOLD YOU. TO TEACH YOU...

ASK JESUS - WHAT DO YOU WANT TO DO IN THIS TIME TOGETHER?

YOU MIGHT WANT TO THINK ABOUT THE PICTURES OR WORDS THAT ARE COMING TO MIND. YOU MIGHT WANT TO PAY SPECIAL ATTENTION TO HOW YOUR BODY FEELS AT THIS TIME. THIS IS YOUR TIME WITH JESUS.

WHO HAS JESUS BEEN IN THIS TIME FOR YOU? TAKE A MOMENT TO CONSIDER THE NAME THAT FITS THIS MOMENT BEST - TEACHER? FATHER? CARER? HEALER?

THANK HIM FOR THIS TIME TOGETHER.