

YOU KNOW ~~EVERY~~ STEP I TAKE



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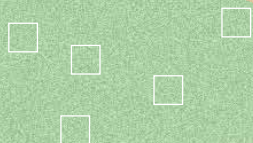
REVEAL
YOUR
MIND

ALIGNING WITH THE

FATHER'S PERSPECTIVE



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TWO - WAY
JOURNAL



PSALM 139:1-4



THE PURPOSE OF THIS RESOURCE IS TO HELP YOU DIVE DEEP INTO YOUR HEART AND REVEAL ANY QUESTIONS YOU MAY HAVE ABOUT A PARTICULAR CHALLENGE YOU MAY BE FACING. IT CAN BE A PERSONAL, RELATIONAL, OR EVEN GLOBAL ISSUE. **GOD IS NOT AFRAID OF OUR CHALLENGES.** THE FOLLOWING STEPS ARE MEANT TO HELP YOU INVITE HIM INTO THE PROCESS, OPEN THE DOOR TO CONVERSATION, AND REALIGN YOUR PERSPECTIVE WITH HIS.



STEP 1

REVEAL YOUR MIND

This free association exercise adapted from Nothing Hidden Ministries is a helpful tool for unlocking parts of your mind that may normally be untapped. The purpose is to develop an awareness of your internal thoughts and feelings that you might typically have a difficult time expressing in words. Practice this tool whenever you feel like you are uncertain about your feelings about a particular issue or if you feel a block in your thinking.

1. Spend five minutes paying close attention to whatever is going through your mind and speak or write it out. If you choose to speak it out, speak it out to the Lord, your spouse, or a close friend.
2. Try to keep talking or writing for five minutes straight. Don't worry about rambling or changing subjects if your mind wanders. Simply use this time to get used to identifying your thoughts and feelings and putting them into words.
3. You can't say, "Nothing is on my mind." As long as you are alive, your mind is active and aware of something. Pay attention and become aware. Use this as an exercise to help bring what's inside of you out.

STEP 2

TWO-WAY JOURNAL

Now that you've allowed yourself to open up, spend some time dialoguing with the Holy Spirit and writing His response. Ask Him about an issue you are currently finding challenging. The goal of this step is to allow the questions in your heart to rise to the surface. Perhaps you have some unresolved conflict or tension in your life. Perhaps you are confused about your church's stance on a particular topic, or maybe you feel powerless about a global issue. Hold these questions out to the Lord and let Him speak to you about them. You might be surprised by what the Lord has to say to you. Remember, God is not afraid of hard conversations or questions. Here are some prompts to get you started:

- Holy Spirit, what do You think about _____?
- What is on Your heart for _____?
- What is my role in this situation, big or small?
- Is there something that needs to be shifted in my heart towards this issue?
- How can I align my heart with Yours for _____?

Write down what He tells you. This is a time for gaining a piece of God's heart on the matter. He might not have a lot to say about the issue, or He might have more to say than you expect. Let Him speak. If you find it difficult to hear what He is saying to you, open up your Bible and ask Him to highlight a passage for you. He speaks to us in many different ways.

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SO WE ARE CONVINCED THAT EVERY
DETAIL OF OUR LIVES IS CONTINUALLY
WOVEN TOGETHER TO FIT INTO GOD'S
PERFECT PLAN OF BRINGING GOOD
INTO OUR LIVES, FOR WE ARE HIS
LOVERS WHO HAVE BEEN CALLED TO
FULFILL HIS DESIGNED PURPOSE.

ROMANS 8:28 TPT

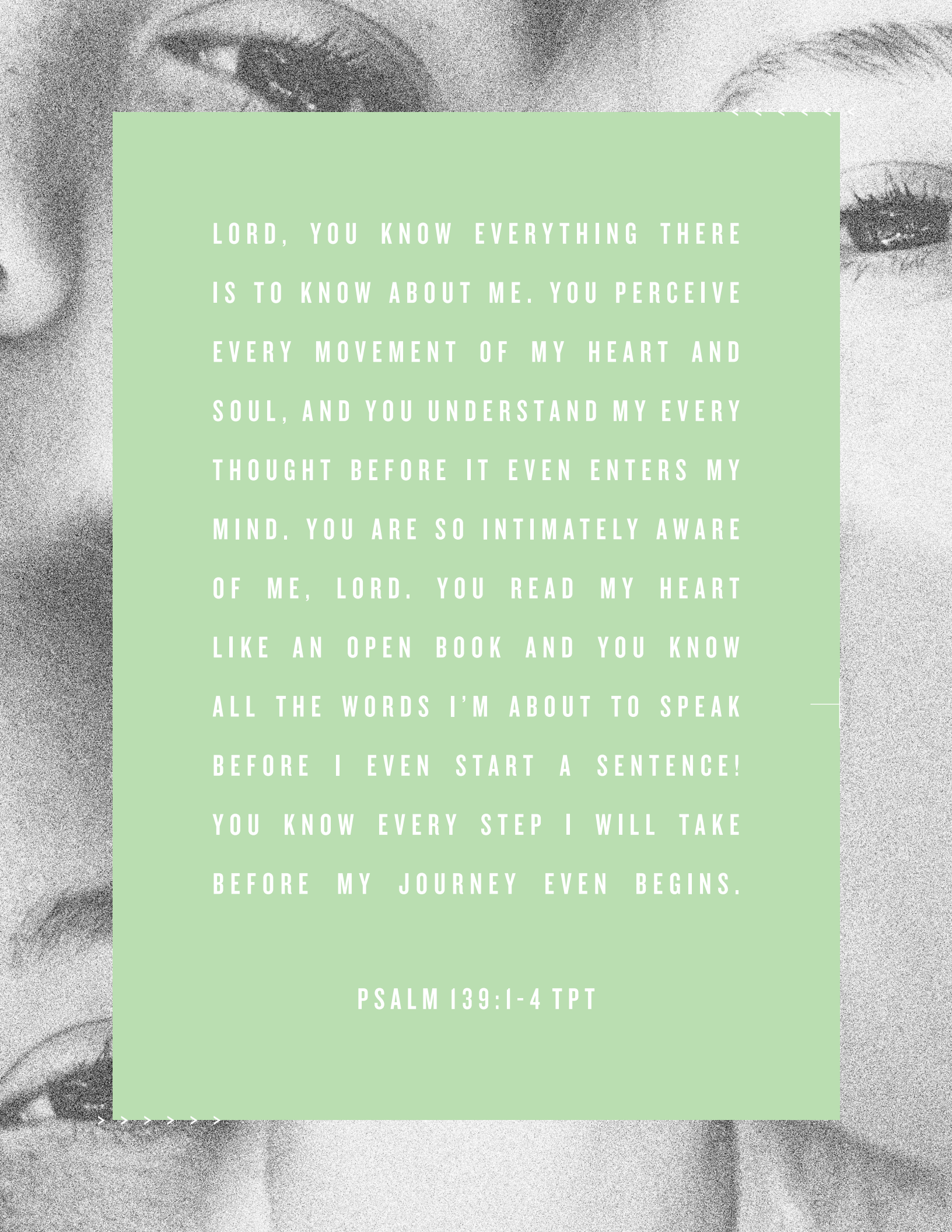


STEP 3

REFLECTION

The goal of these steps is to give space to challenging topics and opening them up to conversation between you and the Father. He may not always give you the answer you hope for, but He will never leave you feeling more hopeless or frustrated than when you started. Perhaps in this conversation, He opened up your eyes to a perspective you've never had before. Perhaps you feel a greater sense of peace about the topic. Perhaps you have even more questions about the topic than before. The point is that you brought Him these questions in the first place and you let Him respond. Here are some things to ask yourself in reflection:

- Based on your interaction with the Father, how has your perspective of the issue changed?
- If the issue was relationally based, how has this conversation changed your perception of the other person or people involved?
- How can you go forward from this conversation applying what you've seen of the Father's heart to your perspective of the situation?



LORD, YOU KNOW EVERYTHING THERE
IS TO KNOW ABOUT ME. YOU PERCEIVE
EVERY MOVEMENT OF MY HEART AND
SOUL, AND YOU UNDERSTAND MY EVERY
THOUGHT BEFORE IT EVEN ENTERS MY
MIND. YOU ARE SO INTIMATELY AWARE
OF ME, LORD. YOU READ MY HEART
LIKE AN OPEN BOOK AND YOU KNOW
ALL THE WORDS I'M ABOUT TO SPEAK
BEFORE I EVEN START A SENTENCE!
YOU KNOW EVERY STEP I WILL TAKE
BEFORE MY JOURNEY EVEN BEGINS.

PSALM 139:1-4 TPT

STEP 4

MOVING FORWARD

If the Lord highlighted something to you through this interaction, spend some time praying about the person, people, or situation that has been a challenge to you. Ask the Lord how you can partner with His heart on the matter and intercede with His heart in mind. Aligning with the heart of the Father is the first step to any solution.

The background is a textured composition of wavy, organic shapes in shades of green and orange. Two large, detailed eyes are visible, one in the upper left and one in the lower right, looking towards the center. The overall aesthetic is ethereal and artistic.

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