

Draw Near

Pastor Ken Van Nieu
Sunday, November 15, 2009

Draw Near...

SPIRITUAL PRACTICE

In a quiet place, protected from interruption, let the answers to these questions come to you. There is no hurry so simply wait for the answers to come. Don't move on to the next question until you feel satisfied that you have explored the last.

MIND: What is it that is going on in my head? Write these things down. *(Try not to edit, judge, analyze or be critical toward what you are thinking, simply record them.)*

BODY: What is my body telling me? Let yourself pay attention to every part of your body. "Tune in" to twinges and aches, comforts and needs.

HEART: What is my heart sensing? What am I feeling? What have I been feeling? Let yourself explore the emotions that have not been attended to.

SOUL: What is it that is driving me? What has been causing me to react the way I have been reacting to the world around me?

Once you have laid out the pieces of your mind, body, heart, and soul, you can be still enough to ask God if there is anything he wants to say to you.