



Who am I for God?

Choose a reader and begin with a short prayer of commitment. Share some experiences of God this week. Is your vision of God changing? (15 minutes)

Who am I for God?

- How does God see me?
- What does God think of me?
- What are God's feelings for me?
- What would God say about me to another?
- What was God thinking when making me, forming me in my mother's womb?
- What has God put into me; what special, unique things were included in my make-up?
- If I were the only person on Earth, could I accept Jesus' death for me?
- What does God hold back from me?
- What conditions does God place on God's love for me?
- Is there anything in me that this love does not encompass?

In the light of these thoughts read Psalm 23, and consider each verse as being said to you by God. Reflect on how these words, spoken to you by your spiritual father / mother, make you feel.

For example, God says 'Carol', (use your own name) 'You are mine, you will not be in want of any good thing', etc.

Give yourself 20 minutes to work through this Psalm, **then** write yourself a letter from God. Imagine what God may say to you. Don't analyse your thoughts, but try to write them down as they come to you. Write as freely and specifically as you can, and make yourself available to God in this way.

When you have finished, reflect on the letter you have written as God speaking to you and journal your feelings and responses. For this letter and the reflection take about 25 minutes.

Share only what you feel comfortable with. You may like to read your letter to the group. (30 minutes)

At home this week, take one verse of Psalm 23 each day and live with it. Take it as God speaking directly to you. Write it on a piece of paper, memorise it, live with it and absorb it as God's word to feed and fill you right through the day.

Exercise

On a big sheet of paper, use pictures or symbols to illustrate how your image of God has changed over the years. Do one picture for your image of when you were five years old, then one for your late teenage years and then one for your present image. This is not an artistic exercise, but an effort to represent on paper how our image of God is changing. Bring these three pictures to the next group meeting.



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