

INTERACTION WITH JESUS

(From Joy Starts Here Conference 2015—*Joyful Journey*—available at lifemodelworks.org, modified by Barbara Moon)

This is an exercise that will help you learn to hear God's voice and to learn to journal if you so desire. As you progress through the steps what you wrote at first might change. Just write what you are hearing in your mind and trust it is Jesus if it fits His character. If you are alone, read aloud to Him at the end.

"The LORD said, 'I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them.' "
Exodus 3:7-8

Write down something for which you are grateful or something that is bothering you:

ME TO JESUS:

JESUS BACK TO ME:

I (JESUS) CAN SEE YOU (where you are, what you are wearing)

I (JESUS) CAN HEAR YOU (maybe your thoughts, your passions, your heart)

I (JESUS) UNDERSTAND HOW BIG IT IS (how it hurts, what you feel)

I (JESUS) AM GLAD TO BE WITH YOU

I (JESUS) CAN DO SOMETHING ABOUT IT (might just be to trust Him, see how big He is)

READ ALOUD TO SOMEONE. After reading aloud, ask the other person to give you a word or two about how they feel. Share with each other how writing and hearing the entry helped you both.