

Dr. Todd Hall stated that how we experienced others in relationships of our lives encodes a gut level memory (attachment filters) that form our deep beliefs about others and their relationship to us. These memory filters also affect the deep beliefs that govern our relationship with God.

So, take 10 minutes and explore what you really believe about God? Here's a way to do that:

When you imagine God thinking about you, what do you assume God feels when you come to mind? Talk candidly to God about that. Listen for his response.

Take another 5 minutes and ask the Spirit, how he might be inviting you into relationship, into "a spirit-guided improvisation" as you open to spiritual tipping points. It might be to seek out a mentor, spiritual direction, or even "moments of meeting" with a friend. It might be to spend regular time with Him--and what would that look like? It might be to connect with other who struggle in similar ways. Open to the discernment of the Spirit.

Close by taking to God about this question (posed by Brennan Manning):

*Do you accept yourself as one utterly loved by God?*