EXPLORATION 26 When It's Hard to Connect: Reworking Our Lens



"Make your home in me, and I will make my home in you."—Jesus

Spiritual Direction

The Christian life is not simply about believing doctrines, doing church activities, or being obedient. Instead, it's an invitation to a transforming friendship with Jesus, which can dynamically transform the whole person. Jesus does not simply come to "save" us—his work is also to restore the image of God in which we were created.

... Put on the new self, which is being renewed (lit. renovated) to a true knowledge according to the image of the One who created it.

Exploring

Without knowing it, we bring our unique relationship style to an encounter with Jesus.

If we struggle to connect with Jesus relationally, we have an opportunity to examine our lens for diseased beliefs or emotions that may interfere.

If these remain unquestioned, they can continue to shape our experience of God, ourselves, and others for our lifetime.

"I am not lovable" or "Others are not capable of loving me."

If we learn either of these as a child, they can continue to influence our lives even as adults.

Courageous faith often involves recognizing the need to revisit some of the underlying dynamics that shape our relationships so that Jesus can transform them.

Question

Ask Jesus to show you any diseased or distorted beliefs or emotions that might get in the way of an authentic relationship with him. What does he show you?

¹ Colossians 3:10.