



Finding Home

Jesus' Invitation to a Transforming Friendship

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

Spiritual Direction

The relationship style we develop as children—from avoidant, anxious, and fearful to secure and personal—determines how we relate to everyone as adults, including Jesus. The first step to Christ transforming our relationship style is discovery—recognizing that there must be something more. King David prayed that God would examine his inner being in Psalms 139:23-24:

*Search me, God, and know my heart,
put me to the test and know my anxious thoughts,
And see if there is any hurtful way (lit. way of pain) in me,
And lead me in the everlasting way.*

Exploring

Putting our faith into action involves recognizing diseased or distorted images (perceptions, memories, emotions, intuitions, beliefs, etc.) and setting them side-by-side with the truth of Scripture. In the face of these two competing claims, we can exercise our will by (verbally) renouncing the lies and choosing the truth. Day after day, as we practice the truth of who we are in Christ, he begins to gradually restore the image of God in which we were created, which is made complete in heaven.

COLUMN ONE

Lies or distortions

"I am not really worthy of love."

My childhood left me with the sense that I was in the way and not a priority.

COLUMN TWO

The truth according to Scripture

In love, God predestined us to adoption as sons and daughters through Jesus Christ to Himself. . .

—Ephesians 1:4-5

COLUMN THREE

Verbally renounce lies, choose truth

"I renounce the lie that I am not worthy of love, and I choose to believe that I am fully loved just as I am by Jesus."

Question

Prayerfully ask God to examine your "heart" (thinking, feelings, conscience, and will) for several days. Write down what he shows you and practice the exercise of the three columns above.