



Finding Home

Jesus' Invitation to a Transforming Friendship

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

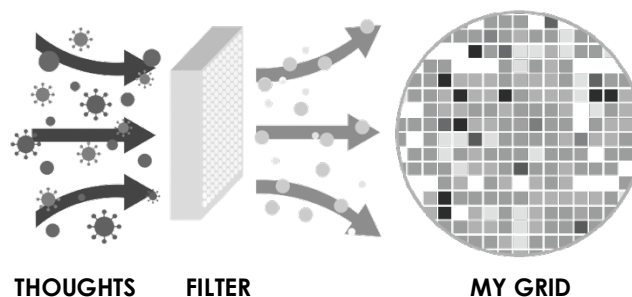
Spiritual Direction

The joy of a transforming friendship with Jesus becomes real as we dismiss false images of God or self from our minds. Most of us are unaware of or reflect upon what goes on in the conscious mind. As a result, we become spiritually compromised "without understanding what is happening, much less, doing anything about it."¹ Perhaps our biggest spiritual obstacle is the unwillingness to quiet ourselves long enough to know our inner world.

Exploring

⁵ We are destroying arguments and all arrogance raised against the knowledge of God, and we are **taking every thought captive** to the obedience of Christ,
—2 Corinthians 10:5 (NASB)

Thought, *noema*, describes the result or final output of thinking, i.e., "the personal verdict or conclusion that comes from using the mind." Our perceptions produce working conclusions that direct our lives. Growth in intimacy with Jesus requires attending to our conscious mind so we can separate false ideas from what God says is true.



Question

Slow down (praying, walking, gardening, biking, journaling, cooking, etc.) and "listen" to your inner life. What thoughts or feelings do you need to "take captive?"

¹ Jules Toner, *A Commentary on Saint Ignatius' Rules for the Discernment of Spirits*, p. 42.