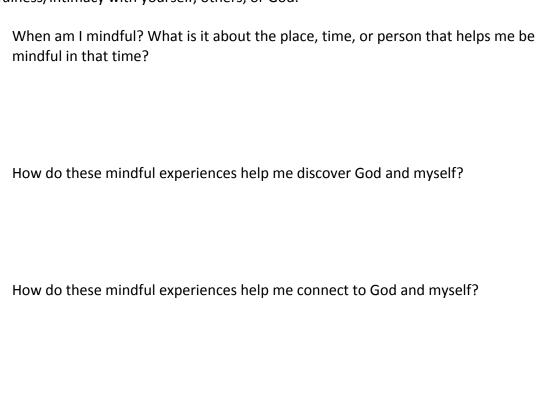
## Intimacy with God Being Sheet (as opposed to worksheet)

Doug Kelley SFSAZ Hearing God's Voice Conference Feb 2021 Psalm 139:1-6,13-18; Psalm 131:2

We are capable of experiencing intimacy in a variety of ways. Each of these ways tend to embody aspects of mindfulness – awareness, presence with, and nonjudgment/acceptance – a listening with the heart.

Take time to consider with what places, times, or people you are able to experience mindfulness/intimacy with yourself, others, or God.



What are my mindful/intimacy preferences? When is it easy for me to be aware? To be present? To not judge? How can I cultivate these intimate moments?

What areas of mindfulness are most difficult for you? To be aware? present? nonjudgmental/accepting (even about yourself)?

How can you become more intentional about becoming aware of..., present with..., and nonjudgmental of...?

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Intimate Spaces: A Conversation about Discovery and Connection
<a href="https://www.amazon.com/Intimate-Spaces-Conversation-Discovery-Connection/dp/151652158">https://www.amazon.com/Intimate-Spaces-Conversation-Discovery-Connection/dp/151652158</a>
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