

Intimacy with God Being Sheet

(as opposed to worksheet)

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SFSAZ Hearing God's Voice Conference

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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.

When am I mindful? What is it about the place, time, or person that helps me be mindful in that time?

How do these mindful experiences help me discover God and myself?

How do these mindful experiences help me connect to God and myself?

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
<https://www.amazon.com/Intimate-Spaces-Conversation-Discovery-Connection/dp/1516521587>