

## **Imagine Spending Your Days with Him: Preview of Things to Come**

Read pages 192 in *Life Without Lack*

For each of following sections, prayerfully imagine, dream about, and envision what your day could look like with Jesus beside you and within you.

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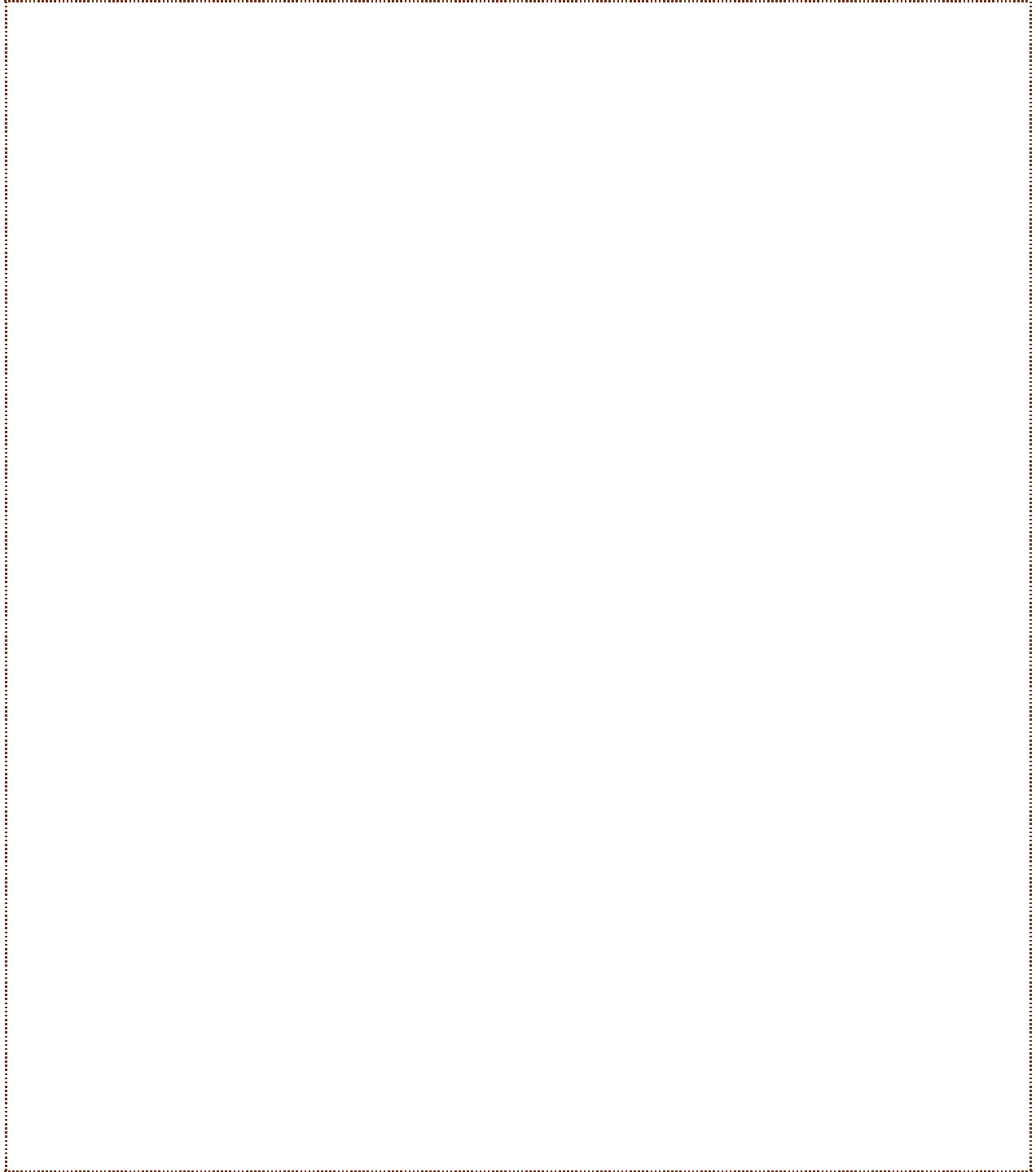
*Holy Spirit, please guide my mind to picture what a day more with you could be like and how you might change my life.*

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## **Strength to Please**

Read pages 192-194 in Life Without Lack

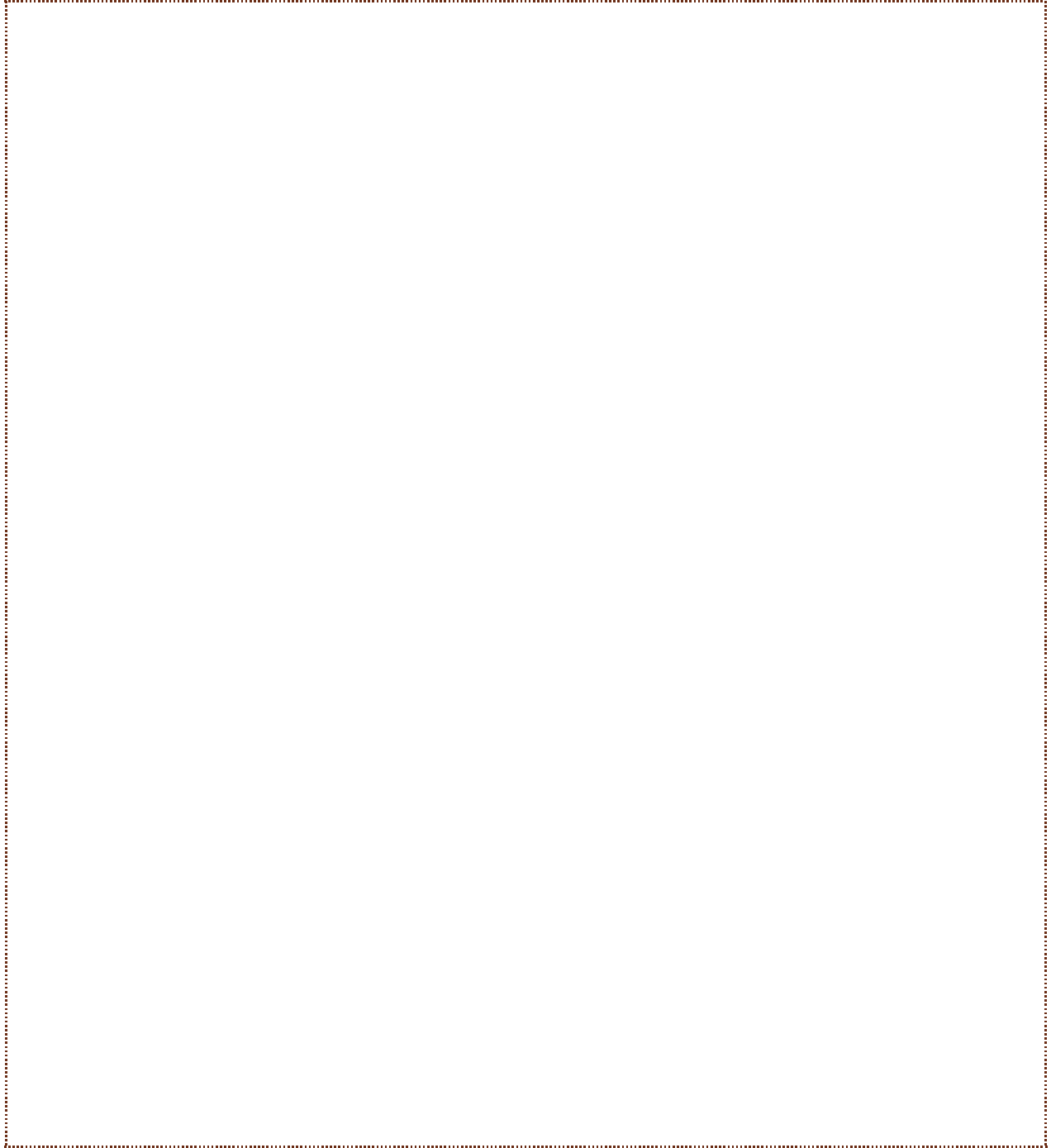
What are your thoughts and dreams about going through a day receiving the strength to please Jesus?



## **Joy and Confidence**

Read pages 194-195 in Life Without Lack

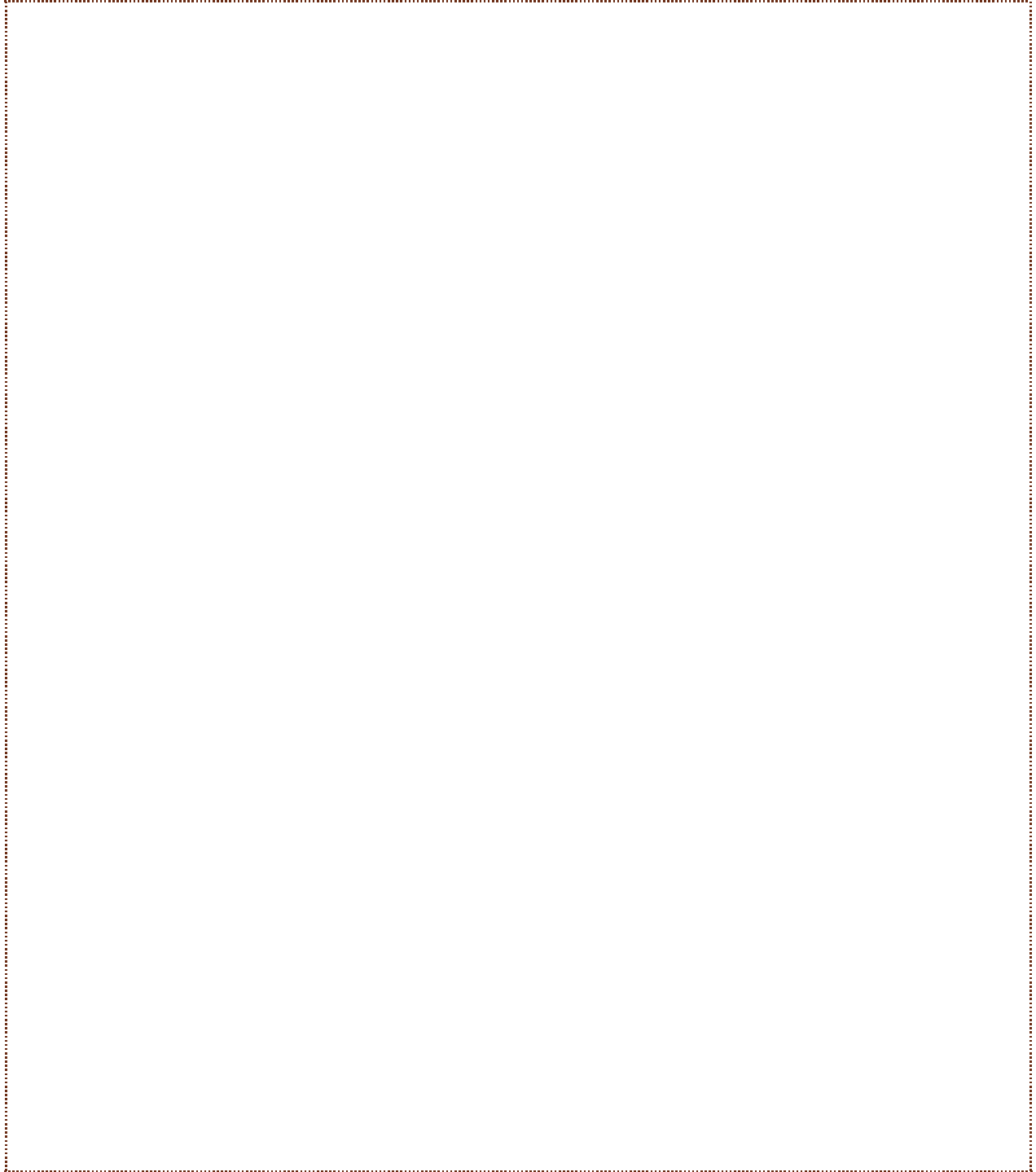
Imagine your life with profound joy and confidence and an abundant lavishness of resources. What would it be like to have the experience of well-being that claims you entirely?



## **Loving Thy Neighbor**

Read page 195 in Life Without Lack

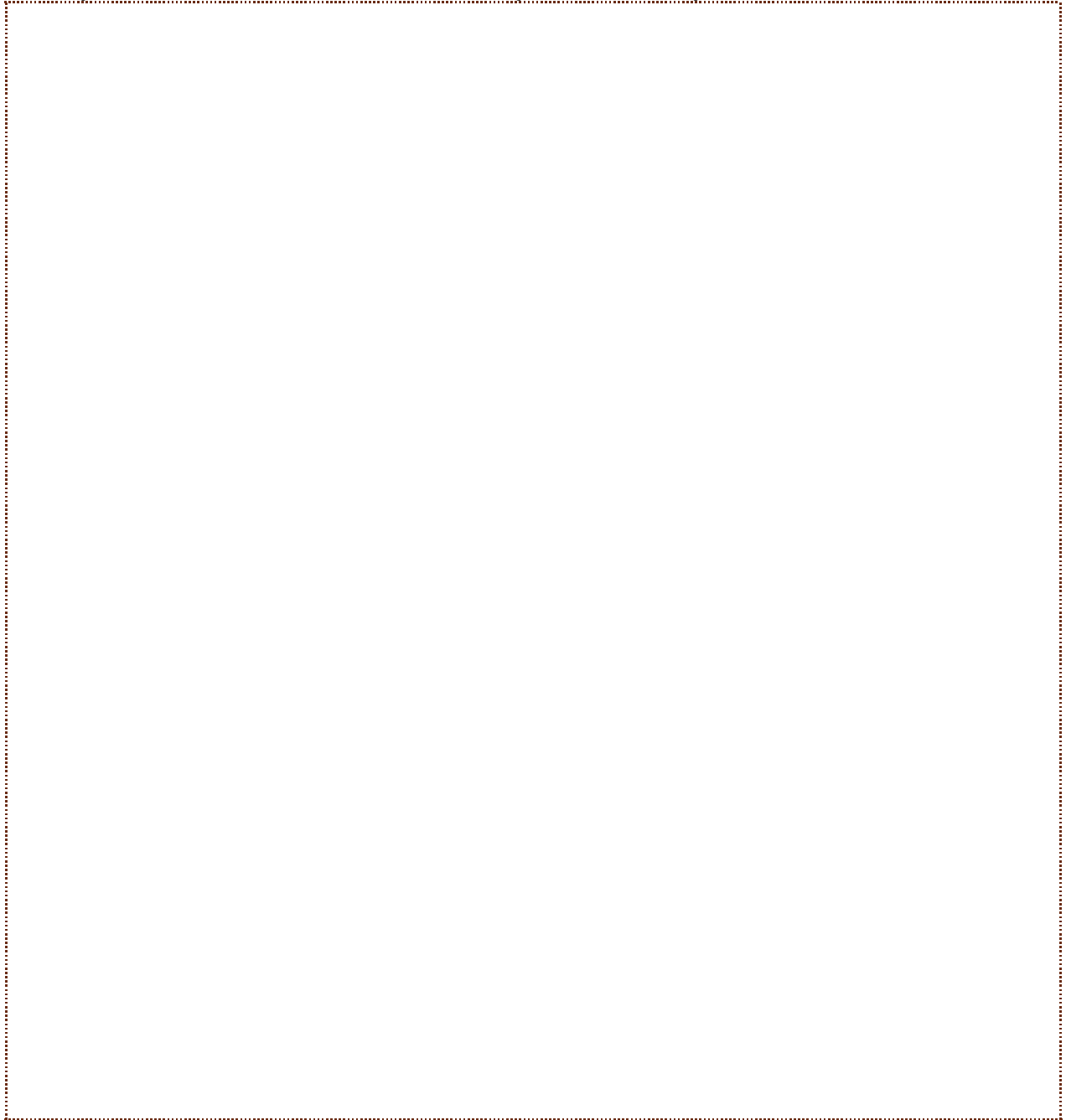
Dream about being completely present with and caring for those around you.

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## **Tag – He’s It!**

Read pages 195-196 in Life Without Lack

Consider what life would be like if it weren’t on your shoulders to make everything happen. Visualize working better, having a sharper mind and a heart full of peace and power.

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### **Time to practice: tag - you're it!**

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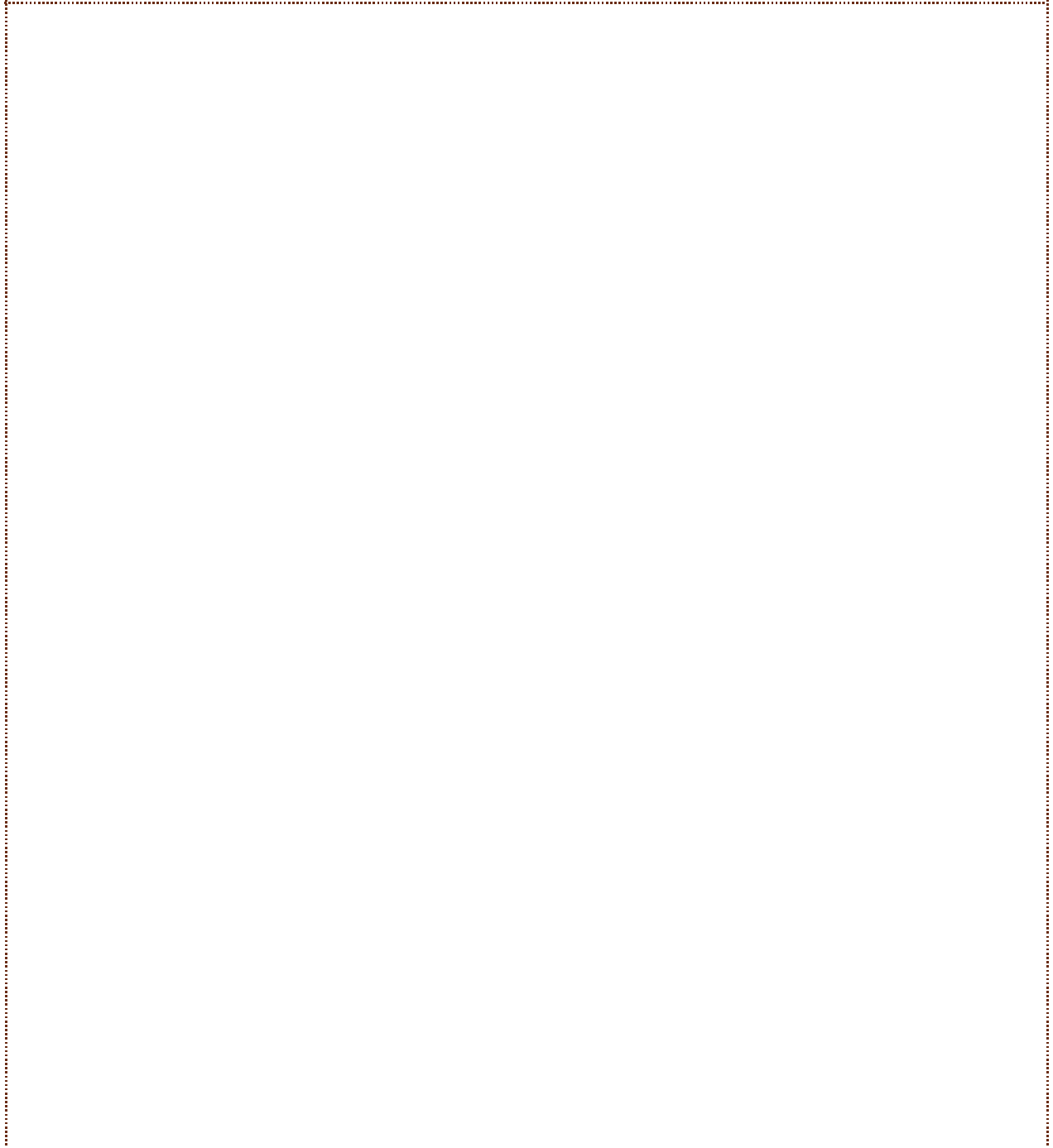
Take a moment to practice the “tag — you’re it!” mindset with Jesus. Think of a project you are working on in your life. It could be personal, family-oriented, professional, in a volunteer role, etc. Perhaps this project includes some thinking and planning. It could be planning a party or event, preparing a lesson, designing a system, or getting ready for a vacation. Once you have one in mind, proceed with this practice. If you have difficulty thinking of one, you could think about planning for jumping back into life when you return from this retreat.

- Relax and pay attention to your breathing. With each breath in, imagine that you are bringing Jesus into you. With each out-breath, imagine releasing your own selfish agendas and needs.
- From this place, start thinking about your project. Allow yourself to follow your normal thinking processes, while still maintaining conscious Holy Spirit breathing.
- Pay attention to your thoughts and feelings. Observe moments where you notice stress or uncertainty. Are you tensing, pushing yourself, worrying, fearing, or feeling unease or insecurity? Tell Jesus what you are feeling. You might say, “Jesus, I am feeling nervous about...” or “I am uneasy about...” And then say, “tag - you’re It!” and bring yourself back to your breathing, consciously giving your load to Jesus.
- Allow your trust in him to stay in your consciousness as you keep thinking about your project. If you notice that you have not completely released your unease to him, continue to explore that discomfort. What is hard for you to release to him and why? Ask him to help you. This process may take many iterations. Invite him to show you your thoughts and feelings, to show you his truth and help you to receive that.
- The goal here is to release and trust Jesus in your real time thinking, not so much to make progress on a project.

## **Your Own Personal Super-Assistant**

Read page 196 in Life Without Lack

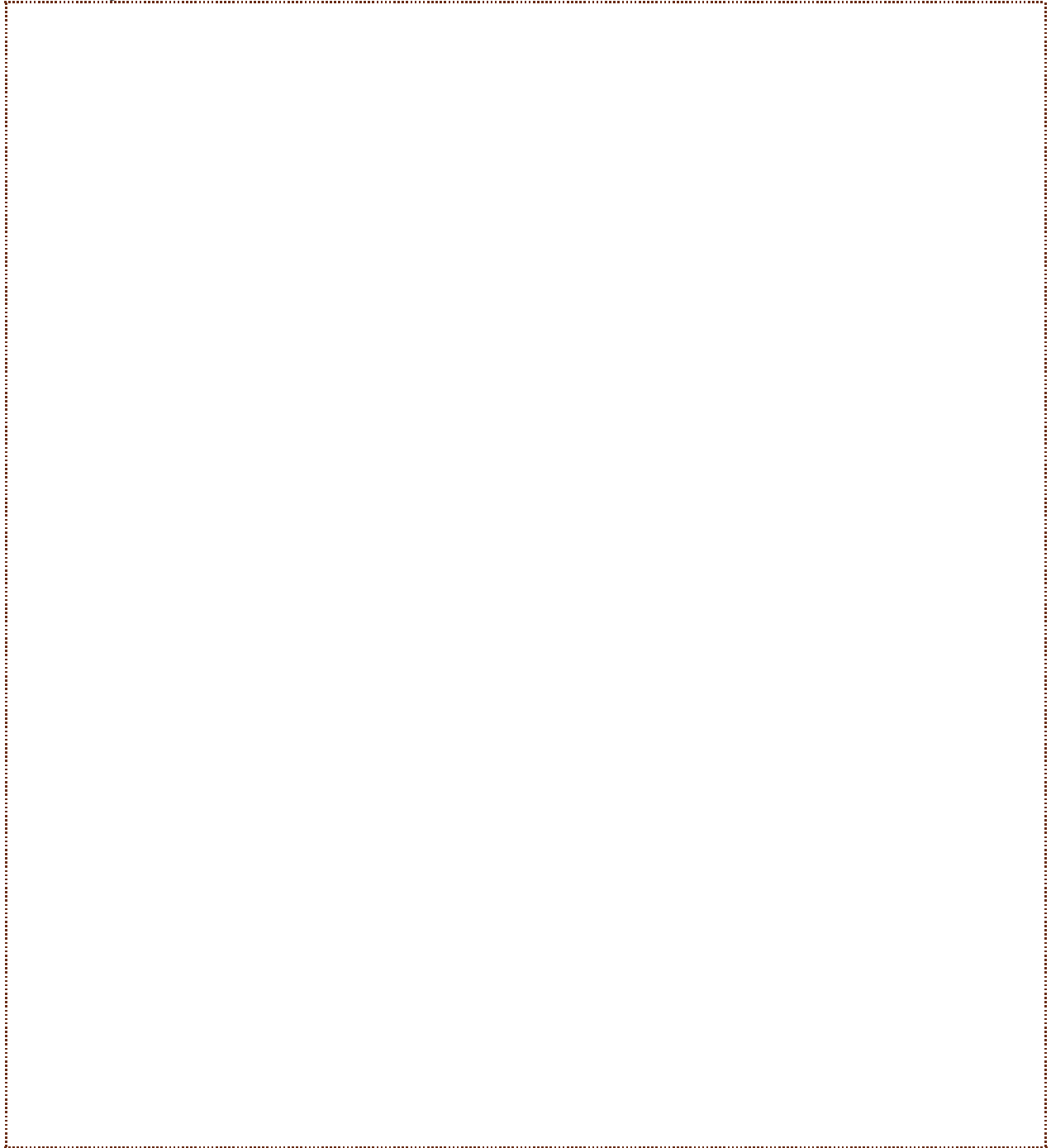
Reflect on the possibility of a life where things that you can't explain with your own natural capabilities happen, with Jesus helping you accomplish so much more than you could on your own.



## **Speaking and Hearing**

Read pages 196-197 in Life Without Lack

Envision the amazing experience of lots of conversation with Jesus, conversation where you learn to hear his voice throughout the day.

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