

[Re]Connect with Jesus in a meaningful way

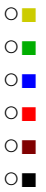
Spiritual Self Defense basic technique #1 of 6. No matter where you are in life, it's good to stop and check your connection with Jesus. How do you establish a meaningful relationship with Jesus? Here's how:



Instructions:

1. Write as much as you want, or
2. Write as little as you want, or
3. Draw pictures instead of writing, or
4. Don't put anything in the blanks, or
5. Do whatever you want. This is here to help you keep track of where you are in the process.

white belt ● □



Understand what you're getting into

Connecting with Jesus is a life-changing decision.

Jesus wants to (1) heal your hurts, (2) renew your mind, (3) transform your life, (4) release the best version of you—the eternal, capable, beautiful you; the you fitted for eternal life. Your connection with Jesus transforms you into an eternal indestructible soul temporarily occupying a mortal life.

But these benefits come at a cost. Not only did Jesus pay a high price for the right to give you these benefits, but there is a cost to you. Jesus gets center stage. He gets the right to lead, to have final say in your life. He does this NOT in an abusive or abrasive way, but with your best interests at heart. You are giving ownership of your life to Jesus. You are giving Jesus the right to remove wrong motives, wrong words, and wrong actions from your life. That does NOT mean that you clean up in order for Jesus to accept you, but it does mean that you allow Jesus to transform you in His time, His way. And that does NOT mean that you cease to be you; instead, you become everything that you were created to be.

Is there anything that would prevent you from connecting with Jesus right now?

If yes, would you be willing to get Jesus' perspective on those things?

I have no idea what He will say to you or how He will say it, but if you are willing, just say yes.
(Feel free to write down what Jesus shares with you.)

What, if anything, has changed?

Are you ready to connect with Jesus?

If you are, you can do that by inviting Him in. Again, all you really need to do is say yes.

Or you may use a prayer, your own words, or something like this:

Jesus,

I invite you into my life. I give you ownership of my life.

*Please take me through the process of healing my hurts, renewing my mind, transforming my life
in Your time, Your way.*

*Please forgive all my wrongs and take me through the process
of removing sin from my life.*

*Release the perfect version of me,
and grant me eternal life with You.*

Amen.

First time you've made this decision? Ask Jesus to lead you to other people who can help you and encourage you as you learn to live life with Jesus present.

More information on this topic in Chapter 4 of Dwight Clough's book, *Spiritual Self Defense*. Kim51.com/books

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