

God Sighting Activity

Experience God Love You through the Actions of People

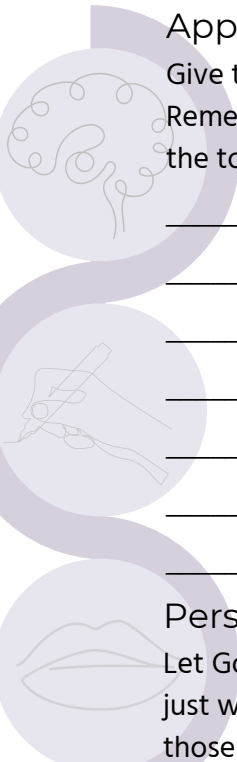
Take some time to ask the Holy Spirit to help you remember a loving interaction. You are looking for a recent or past memory of someone loving you, you loving someone, or observing a loving interaction.

HOW DID SOMEONE LOVE YOU?
HOW DID YOU LOVE SOMEONE?
An OBSERVED LOVING INTERACTION?

Sometimes a loving interaction can be a double God-Sighting of both how you loved them and how they loved you!

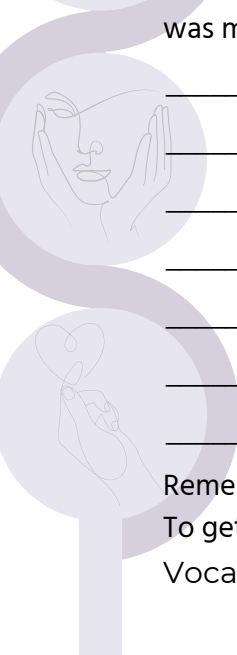
Appreciate

Give thanks for the ways they loved you, you loved them, or the loving interaction you observed. Remember to focus not only on words and actions, but especially focus on the expressed emotions, the tone of voice, and facial expressions. Begin with: "Lord God, thank you for ..."



Personalize

Let God express love to you through the experience using the content from "Appreciate" that you just wrote above. Begin with your name: "_____, if they/you (feel those emotions, do those actions, etc.), how much more do I your God (emotions, actions, etc.) . . . for you." [OR] "That was my love for you and so much more!"



Remember this is just the first two steps of the God Sighting Activity.
To get the most out of the experience continue on with
Vocalize, Meditate, and Imitate!