

Exercise: Connecting with God/JESUS on an emotional level/Practicing gratitude in connection with God (Partly taken from the book "The Other Half of church")

Josua 4:1-8

1 When the whole nation had finished crossing the Jordan, the LORD said to Joshua, **2** "Choose twelve men from among the people, one from each tribe, **3** and tell them to take up twelve stones from the middle of the Jordan, from right where the priests are standing, and carry them over with you and put them down at the place where you stay tonight. " **4** So Joshua called together the twelve men he had appointed from the Israelites, one from each tribe, **5** and said to them, "Go over before the ark of the LORD your God into the middle of the Jordan. Each of you is to take up a stone on his shoulder, according to the number of the tribes of the Israelites, **6** to serve as a sign among you. In the future, when your children ask you, 'What do these stones mean?' **7** tell them that the flow of the Jordan was cut off before the ark of the covenant of the LORD. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever." **8** So the Israelites did as Joshua commanded them. They took twelve stones from the middle of the Jordan, according to the number of the tribes of the Israelites, as the LORD had told Joshua; and they carried them over with them to their camp, where they put them down.



What did the stones mean? They are to be a memorial for GODS people, to remember what great things HE had done
 # JESUS asked us to regularly celebrate the LORDS supper together ...as a remembrance of what HE has done for us

Memorials



- # remind us of what GOD/JESUS has done in our lives
- # create thankfulness and an atmosphere of worship
- # increase our confidence in GOD/JESUS and build faith
- # help to connect with GOD/JESUS on an emotional level

Exercise:

Think of 2-3 memories in your life that connect you with GOD/JESUS for which you are grateful. It can be your baptism, a time when you experienced GODS/JESUS provision, a time of brokenness, a time of repentance, a picture that comes to your mind when you think about the cross...

- o Give it a two-to three-word title (for example "Leaning at the cross", or "Free"...)
 - o In a quiet place, go back into this memory and relive it for a minute, like you are back in it and remember how you have felt
 - o Ask: What did I feel in my body? Maybe "peace" or "lightness" or "thankfulness" or anything else?

What might GOD be communicating to you through the memory and the peace you feel? GOD is with me and likes to share His beauty with me.



1. Start compiling a list of 2-3 grateful memories as described above. Each memory has two characteristics: 1) you feel gratitude in your body, and 2) you feel a connection with God in the memory. Eventually, you want a list of at least ten grateful memories.
2. Spend five minutes of gratitude three times a day. Note: Spending five minutes reliving memories without being distracted is difficult if you have never done it before. It will take you a while to be able to sustain the full five minutes without daydreaming or going off topic. Give yourself grace. You may be exercising a muscle in your heart that hasn't been used much. Use your list of memories during the five minutes. Some days a single memory will sustain you for five minutes.
3. Do this meditation as first thing in the morning, at midday, and the last thing you do at night before going to bed. Do this for thirty days. Consistency is key.
4. Sometime during the thirty days, your brain will respond to this repeated exposure to gratitude. It will reset your default emotional state to joy. You will likely start to feel different when you wake up, and you will notice when you slip out of gratitude & joy as you live your life. Not feeling joy will feel abnormal to you. You start missing gratitude and connection and want to return to gratitude as soon as possible.
5. Keep on practicing this once a day every morning...