

Image of God *

Assessment & Reflection Activities

These exercises are an invitation for you to discover the actual, operational image of God in your life and faith experience. Ask the Spirit of God to guide and lead you during this time of reflection. Be honest with yourself – this activity is for you and you alone. Avoid the natural tendency to make yourself “look good” or to answer in the theologically correct way. Be brutally honest and truthful with God and with yourself, as you seek to answer from your heart.

Activity 1:

Do you see God as ...? Rate yourself: **1** – Never / **2** – Sometimes / **3** – Often / **4** – Always

Police Officer- waiting for you to cross the line so he can nail you: 1 – 2 – 3 – 4

Old Man- loves and cares about you but is not really able to help you out: 1 – 2 – 3 – 4

Heavenly Bosom- a place of security, safety, protection where the world can't touch you: 1 – 2 – 3 – 4

Cosmic Bellhop- God is there to serve you; he stands ready to satisfy your desires; you ask and expect him to jump: 1 – 2 – 3 – 4

Judge- God is condemning; closely keeps to the rules; is no nonsense: 1 – 2 – 3 – 4

Never Pleased- God is holy and you will never measure up: 1 – 2 – 3 – 4

Distant- God got this whole thing started; one day will return but now seems not involved in the world:
1 – 2 – 3 – 4

Killjoy- God is there to make sure we don't have too much fun: 1 – 2 – 3 – 4

Managing Director- God is involved but in a non-personal way: 1 – 2 – 3 – 4

God of the “Second Shoe”- you live with apprehension when life is going well because God is going to allow something bad to happen to us to balance things out: 1 – 2 – 3 – 4

Forgotten- I really don't think much about God: 1 – 2 – 3 – 4

Unreliable- I cannot count on God; God will let me down or fail to “come through”: 1 – 2 – 3 – 4

Abusive- If I don't feel, think and act just right, God will punish me: 1 – 2 – 3 – 4

Disinterested- God is too busy with other matters to care or to listen to me: 1 – 2 – 3 – 4

After you have completed the assessment, turn the page

* Based upon *Exploring Our Image Of God* retreat by Larry Warner – Abiding in the Vine Ministries

Image of God

Assessment & Reflection Activities cont.

Scoring:

14-20 points: a balanced image of God; a good foundation to build on.

21-28 points: a fair image of God; but you develop a more positive image of God

29-34 points: you need to give time, focused attention and intentional effort to develop a more positive image of God

35+ points: you should consider finding someone to assist you on developing a healthier image of God

After you have tallied your score, review those descriptions in which you scored a 2 or higher and explore possible connections and determine if there is a common thread which link those items together.

Activity 2:

Generally, what is your experience of God when you pray? (circle the most appropriate descriptions)

caring	life-giving	demanding
cold	disinterested	happy
interested	reliable	judgmental
near	absent	accepting
far away	tender	unapproachable
listening intently	tough	loving
busy/distracted	nurturing	uncaring
disconnected	pre-occupied	soft
unjust	trustworthy	hard
kind	abusive	connected
mean	distant	critical
involved	affirming	concerned
unconcerned	bothered	giving
generous	passionate	welcoming

As you reflect on the words you have circled above, write out the image of God that flows from these words. Once you have done this, speak with God and share with Him your image of Him – be honest! Then listen; does God say anything to you? If so, how do you feel about His response or about His silence? Speak honestly with Him and then ask Him whatever you would like Him to do for you.