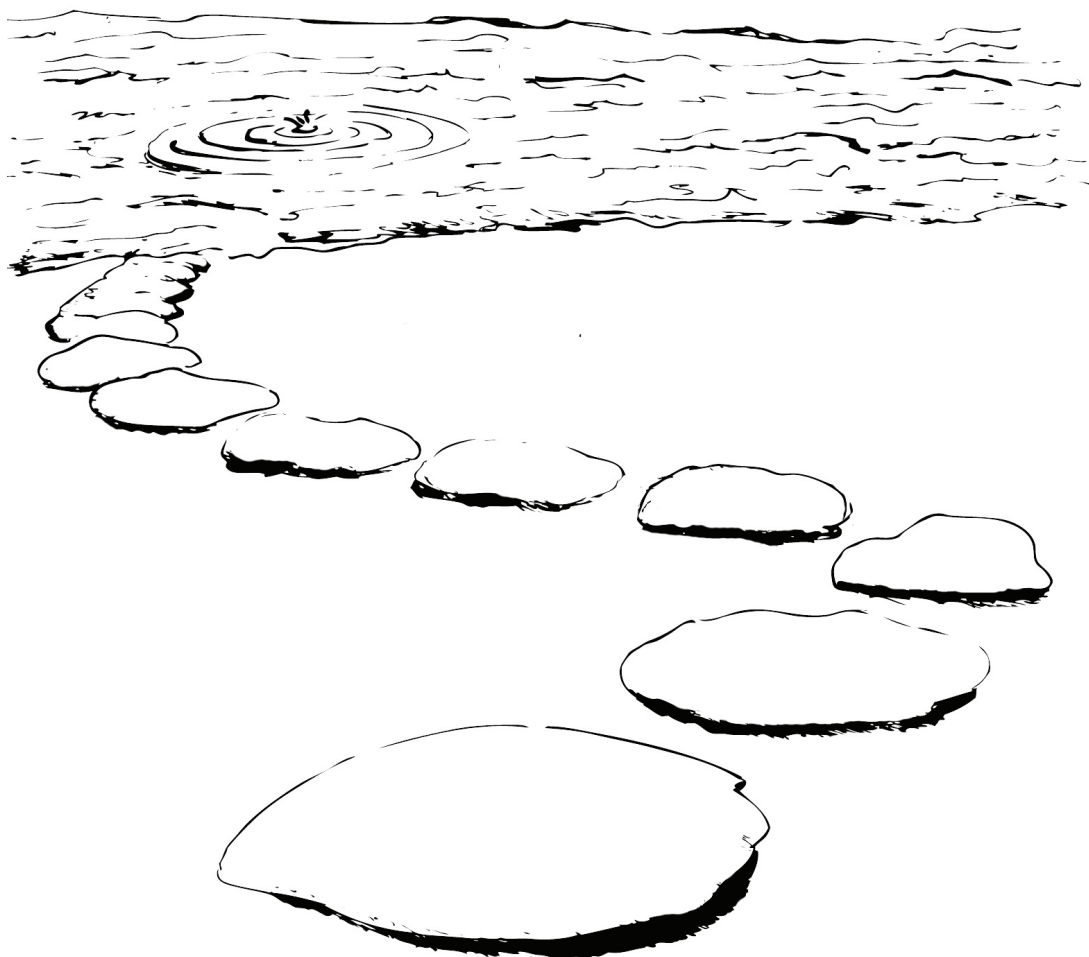


AN EXPERIENTIAL IMAGERY EXERCISE

Identify the names of your invisible crutches—people, possessions, memories, even pain in your life that you need to release to God. Using one or two words, write each one inside the stones in this graphic.

Besides writing it on paper, you may want to take action in a symbolic way, as I did with stones at the beach. Be creative! God can meet you anytime, anywhere. He just wants you to come and allow Him to silence your fears.



PRINCIPLE

When we don't take the opportunity to identify our fears, we create and hold on to our invisible crutches. Through Christ we are transitioned from a place of emotional emptiness or traumatic loss to a place of recovery and complete liberation. We can cast our invisible crutches into the well of Living Water as Jesus reveals His identity to us and we experience safety and acceptance.

Take time to think through the process:

What are your fears?

Which invisible crutches are holding you back? What are you holding on to that is preventing you from growing in certain areas of your life?

Specifically identify the people and circumstances that have been invisible crutches in your life. What are some practical steps you would like to take in order to release them to God and experience healing?

How has Jesus revealed Himself to you? It may be through a Scripture you have read, a song you heard, a quiet voice speaking to your heart, or a specific awareness of His presence. Take time to pray and reflect on those moments—they will edify and encourage you.