

AN EXPERIENTIAL IMAGERY EXERCISE

You may color it and write specific, positive words on the pathway that identify how you want to see yourself act, think, or respond while walking through the valleys of life.



PRINCIPLE

Internal peace is achieved when the spirit, soul, and body are interconnected. Contemplative prayer out of a personal relationship with Christ strengthens the frontal cortex of the brain and establishes greater inner resilience to persevere despite impossibilities. Fear is no longer a part of our journey when we recognize Christ's presence alongside us on the winding road through life.

Recall the moments when you know Jesus has carried you through the dark valleys.

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In what way did you experience His presence during those times? Let that image sink in and create a visual picture of His unchanging love for you!

Write down 10 affirming victory words that will strengthen your faith and give you hope when all seems lost. Feel free to add Scripture verses next to them.

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