



a new you

Growing your own Conversation with God worksheet

Do you want to expand your own Conversation with God into one of the most fulfilling, rewarding and exciting things you can experience? You wouldn't set off on an unknown journey without a map of how to get there so why would you try to grow a Conversation with God without activating the 3 principles which would guarantee your journey goes in the right direction? To help you take those first steps, print off and complete the following worksheet.

The 3 principles to expand your own Conversation with God:

- * Notice how God is already communicating with you
- * Communicate with God as if you were with your best friend
- * Make space and invite God in

Notice how God is already communicating with you

1. When was the last time you experienced God (the universe, Life, Spirit, Source) communicating with you?

2. How did you know this was God?

3. What happened as a result?

4. When have you received a message from God and not listened?

5. What made you turn away?

6. What happened as a result?

7. What do your responses tell you about your own conversation with God?

Imagine God to be your best friend

1. If you had no fear of the consequences or need for approval, what would like to say to God?

2. What do you imagine God would say in response?

3. What is the one question you would most like to ask God?

4. What's the most loving thing God could say in return?

5. What else do you sense God wants to say to you in this moment right now?

Make space and invite God in

1. What time of day are you most likely to find it easiest to spend time with God?

2. Where are you most likely to be able to experience some stillness and silence?

3. What will help you to carve out this God space?

4. What obstacles might arise that would stop you from having a daily conversation with God?

5. How could you overcome these?

6. To invite God into closer companionship, complete the following note:

Dear God

Thank you for....

To experience a closer companionship with you, I invite you to...

My commitment is...

7. How will you know that you have moved into closer connection with God?

“The largest message of Conversations with God is that we may, each of us, conduct our own dialogue with Deity, contact our own inner wisdom, and find our own inner truth. That is where freedom is. That is where opportunity lies. That is where the ultimate purpose of life is fulfilled.”

(Neale Donald Walsch, Conversations with God Book 3, p.377)

For information on Sarah Rozenhuler’s A New You workshop, please go to:

www.anewyouworkshop.com

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