



The Visualization

With your blindfolds in place, or your eyes closed... Take a deep breath in and exhale through your mouth. **(Pause)**

Again, take a deep breath in and exhale. **(Pause)**

Picture yourself in a green meadow with lush green grass and trees spread around. There is a slight breeze. The early morning sun is shining and it feels warm, fresh and clean to be outdoors

Look down towards your feet. There on the ground lies a beautiful chest. It's open. What does it look like? Notice its color, the trim, the finish. **(pause)**

Several objects, small and large, are scattered all about, some are inside the chest, some are outside. This chest is your heart, and the objects scattered about are the things that you keep in your heart: they're your hopes, your dreams, your hurts, your desires.

These are your feelings...your stories...some of the deep things that you have uncovered and shared... this weekend. Some of these things have brought you pain and suffering. Some have brought anger. Others have brought you joy and love and comfort. Some are these deep longings of your heart.

What does it feel like to have your inner heart exposed so openly and deeply? **(Pause)**

All of the things that you have exposed and shared today are really important. You know that you want to do something to protect your heart, and to bring it back to a place of safety. What are some of the things that feel exposed and raw that need to be cared for? Speak them out loud. **(Pause for them to speak out loud)**

Now look up. You see Jesus coming toward you. He slowly walks up to you and stops just in front of you. His presence feels wonderful...He looks deeply into your eyes, and you know that He knows you...that He sees you. And that He only has love for you. Just receive His loving gaze. **(Pause)**

You are once again aware of all that you have exposed and revealed this weekend. **(Pause)** What does Jesus say to you about all that you have revealed from your heart? Just listen. **(Pause)**

What did He say? Go ahead and speak it out loud. **(Pause for them to speak it out loud)**

You have shared your stories with your sisters and they have shared their stories with you. And Jesus has been with each you and everything you brought into the light today. Is there any burden or story that your sister has shared today that you might still be carrying? Are you aware of feeling it somewhere in your body?

As you feel your sisters' pain and sorrows, turn your eyes to Jesus in front of you. Ask Him, "What am I to do with my sisters' sorrow and pain?" **(Pause for them to listen)**



What does He say to you? **(Pause)**

Go ahead and speak it out loud. **(Pause for them to speak it out loud)**

Now, with your hands – full of your sisters' stories, pain and suffering, offer them to Jesus. **(Pause for a few seconds)** All of their cares belong to Him. They are His to hold. It feels so good to simply release it to Him.

Once again you see the beautiful chest in front of the two of you...the precious chest and all those things you have exposed today...your dreams, your hurts, your sorrows, longings and desires. Some of these things, maybe all of them, need to be put back in the chest to be kept safe and secure, until you are ready to open them up again. **(Pause)**

While you are looking at these objects, what does He say to you about them? **(Pause)** What does He say about you? **(Pause)**

You can now put these precious things back into the chest. And when you have everything back where you want it, and it feels safe and protected again, go ahead and close the lid. **(pause)**

Now this is what we want you to know...closing the lid doesn't mean you are closing off your heart. You are simply keeping it safe and protected. You can open your heart at any time and to anyone you choose. Because this is *your* heart. You are the one who chooses when to open it up to whomever you want. With His guidance, you can keep your heart safe.

Now, you have closed the chest, and you are not feeling as exposed...yet, you are still open.

Turn now, and stand again, face to face with Jesus, talk with Him about anything you are feeling in this moment. **(Pause)** Listen, again, to what He has to say to you. **(Pause)**

Go ahead and speak out loud what He has to say to you. **(Wait for them to speak it out loud.)**

Prayer

Father, you have spoken to your daughters. You have seen their hearts and are present with them to hold them and cherish all that they have brought to you this weekend. Thank you for hearing their heart. Thank you for meeting us with your love and keeping us safe. As we surrender our hearts to you. We are yours.