

## IMAGINE A CHURCH EXERCISE

*A guided imagery exercise following completion of the discovery interviews and presentations.*

Get comfortable, if you like, put your feet flat on the floor with your hands open in your lap. If you like you may want to close your eyes if it allows you to use your imagination. At the same time as you close your eyes allow your mind to be open to the Holy Spirit. You may find that interesting, that closing your eyes helps open the mind, but that's the way it seems to be for many people.

And you may be aware that you have your own way of imagining. Some people imagines things like looking at pictures, others imagine sounds, while others just have this sense or feeling of something, like you have in a dream. What ever way you imagine things is right for you and you may begin to wonder what kind of a church you would imagine if you were to imagine a church:

You could imagine a church where people gather to:

*add elements from peak experiences*

and you could imagine a church filled with people who have/are:

*add elements from what people value about themselves:*

and you could imagine a church that holds these values:

*add elements of core values*

and as you imagine this church where people experience these things.... *summarize peak experiences*

and is filled with people who have/are..... *summarize personal values*

and hold these values..... *summarize core values*

You can imagine the people working on these goals and making these wishes come into being.

*add wishes*

and you could imagine walking around this church and seeing these people

*add what they would be doing.....*

and hearing them talk and sing and pray

and you could imagine what you would feel like as you were in this church with these people

and as you feel what it would be like to be in this church you realize that this is the church you belong to and these are the people that you belong to.

and as you imagine this church you belong to you could imagine meeting a friend who you haven't seen for several years and you get into a conversation about churches and you begin to tell them about your church and what a neat place it is, and what people experience there

*add experiences*

*and the people who go there*

*and what the church stands for*

*and what it is working to accomplish*

and you can tell your friend all these things about your church and what makes it neat and exciting for you to be a member of it.

and you can tell the friend what it will be like when the goals are all accomplished and how that will make your church an even more inspiring place to be.

And as you tell your friend about these goals its as though they are already completed and you can see how the church has grown and become the church that you prefer and you can capture that imagine of your preferred church as a picture or a sound or a feeling.

You can capture that image as a fragment that holds within it the truth of what you imagine, like a photograph captures an image of some event, or like a metaphor holds within it the truth of an image, like a tree can be tall and strong, or a rose fragrance can call to mind a special valentine, or just a few sounds can call to mind a whole song, and so you can capture this image of the church that you enjoy and hold it in your mind as you allow your attention to come back into the room.

and as your attention comes back into this room in your minds eye is the image you captured and you open your eyes you can see that some of that church is right here in the room with you.

### **Creative Drawing Exercise**

Create a drawing that represents the imagined Church that you can share with the group.