

How to Develop a More Personal and Profound Relationship with God – 4 KEYS

Laura M. Brotherson, LMFT, CST

StrengtheningMarriage.com -- MaritalIntimacyInstitute.com

In order to overcome our weaknesses, unhealthy habits or addictions, or to endure adversity or change in any other ways we can't seem to pull off on our own, we need God's enabling power. We need to know how to access our Savior's redeeming, enabling, healing, strengthening power. We need a more personal and profound connection with Him—like having your Savior as your Best Friend. These steps can help you increase your connection with Christ as you more fully align yourself with the Lord every day.

- 1. Constant/Conscious Contact with God** – Be engaged in a constant conversation with God in your heart and mind. Let your heart be drawn out to Him continually (see *Alma 34:27*). Talk with God constantly as if confiding and counseling with a best friend who is walking beside you everywhere you go. We need God to be very personal. As you let go and turn your life and your will over to God He can do more with you and your life than you can. This constant contact with Christ helps you remember you are never alone, and that your Savior has your back all the time despite what you may be experiencing. Some thoughts to speak over and over in your mind as you constantly turn to Christ are:
 - “I’m listening...” (humility/submission)
 - “I need Thee, oh I need Thee...” (humility/submission)
 - “Not *my* will but *Thine* be done...” (humility/submission)
 - “I accept what *is*” (humility/submission)
 - “It’s okay...” (self-compassion)
 - “What would You have me learn?” (humility/submission)
 - “What would You have me do?” (humility/submission)
 - “Will you carry this for me...” (humility/submission)
 - “Lead me, guide me, please walk beside me...” (humility/submission)
- 2. Written Conversations with God** – Have written conversations with God on a regular basis. You might list out your frustrations, stresses, worries as if you are talking with Him in person. It is profoundly different to do this in writing. Ask Him questions and let Him answer you through your own hand as you write out answers to your questions. You might think of this as more profound, meaningful and personal “written prayers.”
- 3. Meditation** – Daily do this [“5 Minute Meditation”](#) process (or something like it) to connect with God more personally. Using mental imagery, you can walk yourself into God's presence and be in His presence more personally and “physically” because the mind believes whatever it experiences. What it sees and feels the mind comes to believe is real and tangible. It’s like going to visit with God at His home every day.
- 4. Fill Your Life with God** - Fill your life—your eyes, your mind and your heart—with spirituality by reading or listen to scriptures, General Conference talks or other church materials like the *Ensign* to keep the Spirit close to you and to keep godly things filling up your life so there is little room for things that weaken you or your power to overcome temptation. Treasure up in your minds continually the words of God (see Doctrine & Covenants 84:85).

(Rev Apr 2019)