

# Keys to Develop a More Personal and Profound Relationship with God

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*In order to overcome our weaknesses, unhealthy habits or addictions, or to endure adversity or change in any other ways that we can't seem to pull off on our own, we need Christ's enabling power. We need to know how to access our Savior's cleansing, healing, redeeming, and strengthening power. We need a more constant, 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 Him throughout your day-to-day life.*

- 1. Constant/Conscious Contact with God** – Be engaged in a constant conversation with God in your heart and mind. Develop a relationship with God as your conscious and constant confidante. 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. 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 feel a personal connection to Him and reminds you that you are never alone. It provides strength and peace, knowing 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 increase your contact with Christ are:
  - “I'm listening...” (humility/submission)
  - “I need Thee, oh I need Thee...” (humility/submission/repentance)
  - “Please lead me, guide me, walk beside me...” (humility/submission)
  - “Not *my* will but *Thine* be done...” (humility/submission)
  - “All that I have and all that I am is yours” (humility/submission)
  - “I accept what *is*...it's perfect” (...in God's grand scheme of things) (humility/submission)
  - “I trust thee and thy timing...” (faith/submission)
  - “My heart is yours” (submission)
  - “It's okay...” (self-compassion)
  - “What would You have me learn?” (humility/submission)
  - “What would You have me do?” (humility/submission)
  - “Please carry this for me...” (humility/submission)
  - “Please stay with me...” (humility)
- 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 versus just in your mind. Ask Him questions and let Him answer you through your own hand as you write out answers to your questions. It makes receiving divine direction feel easier and more tangible. You might think of these written conversations as more profound, meaningful and personal “written prayers.”

3. **Daily Repentance** – Accept your weaknesses and struggles while repenting daily. Spell out in writing to the Lord or in your mind your weaknesses and your strivings to repent—accepting your human frailties. Daily repentance helps keep you in a state of humility and submission to God as you humbly acknowledge your nothingness before Him and utter need for His strengthening, enabling, and redeeming power in your life.
4. **Daily Surrender** – Intentionally submitting yourself and your life to God every day is another profound way to connect with Christ more personally. Many of the statements above in key #1 will help you with daily submission. Listening to the audio books in key #6 can help as well. It can also be valuable to review this [“7 Steps of Spiritual Surrender”](#) handout regularly to remind yourself of the process to help you succeed with surrender.
5. **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 in His heavenly home every day. You might even repeat the statements in key #1 while you are there with the Lord as well. (Here is the [audio version of my “5 Minute Meditation”](#) in case it’s easier to just listen to it.)
6. **Filling 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* every day. This helps 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 or weakness. Let the Lord fill every void in your life—everything that you lack or long for. Bask in the Light of Christ and His promises. Treasure up in your minds continually the words of God (*see Doctrine & Covenants 84:85*). This will help you constantly be familiar with and enveloped in the Spirit of Christ. Think through how much time and influence you give the world versus how much of God’s word and Spirit has access to your life.

Even listening to audio books like [Loving What Is](#) or [Letting Go](#) or [Breathing Under Water](#) that help you remember submission to God can help keep you in better connection with Christ. Utilizing audio formats especially helps provide “background” programming to your mind and the mental nourishment needed to keep your thoughts on a higher plane when difficulties and temptation arise.

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