

Using the Names of God to Expose Blind Spots

The Project: Have an individual walk through a list of the names of God trying to imagine what it would look like for God to act in that way toward them.

The Parameters: Some people in the trial were clinicians or practitioners, some were clients and some were high functioning, non-professional, well-grounded Christians.

The lists of names ranged from as simple as the members of the Holy Trinity, to as complex as the seven redemptive gifts. In addition to linear lists like those mentioned, some people chose a random collection of names of God that interested them.

The Results: With the exception of one person, everyone who did the exercise found they had some level of resistance to seeing God acting out one or more His names toward them. Most were quite surprised at the intensity of their negative reaction. Few had any reason to suspect that this resistance was there before they started the exercise. Few could readily identify a cause for that resistance.

Deeply wounded people found the exercise to be traumatizing.

Suggested Application: This does **not** seem to be a viable tool for use in clinical settings with deeply wounded or dysfunctional individuals. Most people in therapy have already identified some difficulties in their relationship with God. Highlighting the depth of their reaction to God seems to be highly counterproductive.

By contrast, for anyone who feels they have a solid relationship with God, but is eager to further enrich a good relationship, this tool can relatively easily expose blind spots.

Our relationship with God involves giving and receiving. In the sequence, God starts it by giving to us. As we receive, we can then give back. Any time we cannot embrace some facet of the nature of God, it means we cannot receive from God in that area. And if we cannot receive from Him in all areas that He wants to give to us, it means our ability to grow will be limited.

This, then, is a tool for those who are fiercely intentional about honing their spiritual walk to its highest potential for intimacy and fruitfulness.

This tool was developed through the team at Dr. Luke's Office
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