

Who is your god? - A Spiritual Exercise: Part 1

Please play along with me. Take a blank piece of paper and draw a picture or diagram that includes all of the following things. The actual drawing doesn't matter (no points are given for artistic quality), so don't be shy. Just draw the way you understand these relationships in **your life right now**.

- Yourself
- Your immediate family
- Other people you feel emotionally close to (e.g. your closest friends and co-workers)
- Individuals who are not as close to you but still part of your life (extended family, other friends, co-workers, etc.)
- List each of the communities (groups of people) you are actively part of. These include people with whom you spend time (these may intersect with your friends). Communities may be things like work, social or service clubs, church, hobbies, social causes, etc. These do not need to be physical spaces where you meet people. They may include online communities. If you feel an affiliation with a group of people and spend time on those relationships, then write it down.
- Other relatives – those more distant than the ones you already drew.
- Other friends, acquaintances, colleagues, etc. These are folks whom you know and interact, but to whom you do not feel particularly close emotional or relational ties.
- God – represented any way that makes sense to you. There is no right answer! Simply show how you understand God to be in relationship with you and everything else you've drawn.

That is it. Put the paper away. We will take it up again with fresh eyes later.