

H.6.1. SAFE PLACE

Theme: Beloved

PURPOSE: To create a safe place in your imagination, free to communicate with Jesus and rest in Him.

RELEVANCE: To know that even in prayer, safety is a primary issue, especially when it comes to the imagination.

FORMAT:

The “safe place” is where you are comfortable enough to be present to Jesus. It can be a real place that you have visited, lived or seen, or an imaginary place that you create, or which God gives to you.

Meeting the Lord in a safe place ~ “I waited patiently for the Lord” (Psalm 40:1).

- a. Assume a comfortable position that allows for relation and openness to the Holy Spirit.
- b. Invoke the presence of the Holy Spirit, asking for His protection and sanctification of your imagination.
- c. Slowly and intentionally ask the Lord for a picture or image, that represents a safe place.
 - o This may be a place you have actually seen whether in person or in a picture or
 - o it may be an imaginary place.
 - o What is important is that you must feel safe in this place.
 - o Allow time for this place to evolve.
- d. Rest in this place
 - o Observe the sights sounds, smells and feelings you experience there.
 - o Familiarize yourself with this place. Take a good look around. Be curious!
 - o Make yourself comfortable in this safe place. What does that look like?
- e. If you feel safe to do so, invite Jesus to join you in this place.
 - o Where is Jesus in relation to you?
 - o Rest here for as long as you need; allow time for this meeting to develop.
- f. Listen for a word from the Lord’s heart to your heart.
 - o Share with Jesus what is on your heart.
 - o Ask Him for the grace you seek.

Note: If you are unable to visualize Jesus, just rest in the sense of His presence and nearness. Safety in His presence is what you are seeking. Simply enjoy the presence of the Lord, abiding for a time with Him in this safe place He has provided.

APPLICATION: This is to experience a safe place for yourself that you can retreat to in times of spiritual or emotional need or prior to prayer, allowing you to experience His reviving presence and to simply rest in Him. It is also designed to allow you to begin to adopt this default position of resting in Jesus in ministry.

Permission to use Safe Place as taught by Dr. Neal Siler using Terry Wardle, *Healing Care, Healing Prayer: Helping the Broken Find Wholeness in Christ.*