



SEE THINK FEEL

The 'Justice Reset' series focusses on God and justice - but we don't want to spend the majority of our time just talking about it! This activity or practice, outlined below, is called See Think Feel.

OBJECTIVE: The goal is to help us to see more like Jesus sees, think more like Jesus thinks and feel more as Jesus feels. It is a very practical activity where you go to a public place and spend some time (around 30 minutes is good) noticing people.

WHY? *Why are we doing this?* These sorts of activities were an intentional part of how Jesus went about making disciples. He took them on what we might call excursions or into situations in order that they might experience more of what God is like and what his kingdom is like. Over time the disciples were able to learn to see, think and feel more like Jesus.

READ: John 4:1-42 Jesus Talks with a Samaritan Woman (this is one of those uncomfortable situations Jesus invited his disciples into).

WHAT? *What do you do?* Go to a public place like a shopping area or park and spend 30 minutes intentionally looking at, and noticing people. As you notice people, say to yourself: *"You are created in God's image, you are valuable and loved by God."* Try hard to stay focused and pay attention to what is happening in your mind (throughout the processes) as well as your heart. Pay attention to who you are drawn to pay attention to, and who you are less inclined to pay attention to. *(I know that this might seem a little weird at first but keep in mind we are doing something tangible in order to see, think and feel more like Jesus.)*

REFLECT: *What happened? Why should we make time to reflect?* The ability to thoughtfully reflect on experience is an essential part of learning and enables greater meaning and learning to be derived from a given situation.

- What happened? Did you experience any internal resistance to doing the activity?
- What were some of your internal thoughts as you engaged in the activity?
- Did you notice any judgments or bias's that came to mind as you saw people?
- What patterns of thinking did the activity challenge?

Share your insights with a friend!

KEEP GOING! Practice the same 'See Think Feel' activity individually over the next few months.

TESTIMONY: *"I was first introduced to this practice a couple of years ago. Since then I have sought to intentionally repeat the practice on a semi regular basis. Over time it has brought a deep transformation to how I see, think and feel toward others. I am learning that this is the power of an intentional practice. It didn't happen quickly, the change of my heart and mind took time as I continued with the practice."*

You might like to use this guide before and after you complete the See Think Feel activity.
Feel free to write notes to reflect on as you continue to practice See Think Feel.

see

Spend 30 minutes looking at the people around you. Take notice of their face.

think

As you look at each person, think "You are created in God's image. You are valuable and loved by God."

feel

What were some of your internal thoughts? Did you notice any judgments or bias's that came to mind? What patterns of thinking did the activity challenge?



JUSTICE *resee*

