

# Faith Reconnection Plan: From Performative to Personal

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This plan is designed to support individuals seeking a deeper, more tangible spiritual connection. It moves beyond routine and ritual to foster a heart-centered relationship with God.

## 1. Normalize and Validate the Experience

Spiritual disconnection is a common experience, even among devout believers. Psalm 42:11 offers encouragement: 'Why, my soul, are you downcast?...' Use a Spiritual Seasons Reflection worksheet to identify past spiritual highs and lows, patterns, and triggers.

## 2. Heart-Centered Spiritual Practices

### A. Guided Prayer Journaling (3x/week)

Prompt examples:

- “God, where are you in this moment?”
- “What are You inviting me to feel, release, or see today?”

Include space for gratitude, confession, doubts, and listening to God.

### B. Breath Prayer (Daily – 3 minutes)

Example:

Inhale: “Be still and know...”

Exhale: “...that I am God.” (Psalm 46:10)

## 3. Scripture Meditation vs. Study

Use Lectio Divina to engage with scripture:

1. Read – Slowly read the scripture.
2. Reflect – What word or phrase stands out?
3. Respond – How is God speaking to you?
4. Rest – Sit in silence and presence.

## 4. Intentional Worship

Curate a worship playlist that fosters healing and emotional connection. Engage in physical expression such as walking, dancing, or sitting still while worshipping.

## 5. Connect with the Heart of Community

Seek out small groups, Bible studies, or spiritual mentors that offer vulnerability and authentic sharing. Explore online communities like IF:Gathering or Soul Shepherd.

## 6. Use Metaphors and Biblical Imagery

Reflect on scriptures that emphasize intimacy with God:

- Psalm 34:18 – 'God is close to the brokenhearted'
- John 15:4 – 'Remain in me, and I will remain in you'
- Visualize yourself walking with Jesus (e.g., John 4 or Luke 24).

## 7. Integrate Creative and Embodied Expression

Suggestions:

- Art journaling
- Letters to God
- Visual prayer boards

## 8. Optional Therapist-Faith Integration

Invite therapist-led prayer, spiritual meditations, or co-creating a personal psalm or lament.

## Follow-Up Evaluation (After 4–6 Weeks)

Reflect:

- What feels different in your spiritual life right now?
- When in the past two weeks have you felt closest to God?
- Are your spiritual practices bringing you comfort, conviction, or connection?



## Prayer Template: From Ritual to Relationship

Use this prayer structure daily or as needed. Speak it aloud, write it, or sit with it in silence.

### 1. Centering (Open with Breath or Stillness)

"Be still and know that I am God." – Psalm 46:10

Take 3 deep breaths. Inhale God's peace, exhale self-pressure.

### 2. Acknowledgment

"Lord, I come to You just as I am. Not who I think I should be."

Prayer:

"God, I feel distant. I admit I've been going through the motions. I want more than routine—I want You. I long for Your presence to feel real, not rehearsed."

### 3. Honest Confession

“Search me, O God, and know my heart...” – Psalm 139:23

Prayer:

“God, I confess that I’ve been struggling to connect. I feel \_\_\_\_\_ (lonely, confused, numb). Help me to not hide from You.”

### 4. Petition for Connection

“Draw near to God, and He will draw near to you.” – James 4:8

Prayer:

“Please meet me here. Not in a performance—but in truth. Open my heart again. Let me feel Your nearness. Teach me to walk with You like a friend.”

### 5. Listening Space

Sit quietly for 1–2 minutes. Ask:

“God, what are You saying to me today?”

Jot down a word, image, or impression.

### 6. Closing Gratitude

“Give thanks in all circumstances...” – 1 Thessalonians 5:18

Prayer:

“Thank You that You never leave me, even when I feel far. Thank You that You understand my heart. I trust You to bring life back into my spirit. In Jesus’ name, Amen.”