

GUIDED IMAGERY EXERCISE: MEETING YOUR GOD-GUIDED FUTURE SELF

(Also available as a guided audio experience - *Skills Episode 01 of The Mind and Spirit Podcast.*)

Step 1: Grounding in God's Presence (1-2 minutes)

Let's begin by getting comfortable.

You can sit upright or recline. Whatever supports your body.

Take a slow breath in... and exhale.

Again, a deep breath in... hold... and let it slowly out.

As you breathe, gently invite God into this moment.

You might pray silently:

'Lord, be with me. Calm my mind. Open my heart.'

Allow your breath to steady.

Feel your shoulders soften, your hands unclench, your body settle.

Imagine God's presence as a warm light around you (steady, protective, peaceful).

(Pause 10-20 seconds)

Step 2: The Path God is Preparing (1-2 minutes)

Picture a quiet path stretching before you.

This is the road God is preparing for your growth and healing.

Psalms 139 tells us that God goes *before* us and *behind* us.

Let yourself imagine that this path is held in His hands.

Look down at your feet on this path (notice the ground beneath you).

Take a step forward... then another.

With each step, imagine letting go of old burdens

and moving toward clarity, purpose, and God's guidance.

(Pause 20-30 seconds)

Step 3: Meeting the Future You, Led by God (2-3 minutes)

As you walk, you see someone ahead (resting in a peaceful place).

Maybe under a tree, beside water, or in a sunlit clearing.



Notice how they carry themselves.
Notice the peace in their eyes.
Notice the strength, the gentleness, the grounded confidence.

As you move closer, you realize this person is your future self.
The person you are becoming with God's grace shaping you.

This is you;
after healing,
after growth,
after God has done slow but faithful work in your life.

Your future self acknowledges you, almost as if saying,
'Come, I've been waiting for you.'

(Pause 15–20 seconds)

Step 4: A Conversation with Your God-Shaped Future Self (2–3 minutes)

Take your place beside them.

Before you speak, take a moment to silently invite the Holy Spirit:
'Lord, guide this conversation. Let what is from You rise to the surface.'

Now ask your future self:

'What do you most want for me right now?'

Listen... for thoughts, images, feelings, or a quiet sense of something true.

(Pause 20–30 seconds)

Next ask:

'What holy desires has God placed in my heart that I've been afraid to name?'

Let whatever arises come gently;
a longing, a direction, a relationship, a dream, a calling, an area of healing.

(Pause 20–30 seconds)

And last:

'What is one small next step God wants me to take toward becoming who He made me to be?'

Allow the answer to be simple, grounded, and possible.



(Pause 20–30 seconds)

Your future self may offer one last message, a gesture, or a sense of reassurance; a reminder that God is not finished with you, and that He walks every step of your becoming

Step 5: Returning with God's Peace (1–2 minutes)

Slowly begin to step back from this place;
carrying with you what God revealed,
what your future-self showed you,
and the peace that came from this moment.

Turn back toward the path.
Walk it slowly... moving back toward the present.

Each step brings with it clarity, courage, and trust.

Now become aware of your body;
the chair supporting you,
your breath moving in and out,
your feet on the floor.

(Pause 10–15 seconds)

Step 6: Closing Prayer (30–45 seconds)

When you're ready, gently wiggle your fingers and toes.
Take a slow breath in... and exhale.
Again, a deep breath in... hold... and let it slowly out.

When you feel ready, open your eyes.

Let's close with a brief prayer:

*'Lord, thank You for speaking into my heart.
Thank You for walking with me into my future.
Give me the courage to follow Your guidance,
the grace to grow,
and the trust to know You are working all things for my good.
Amen.'*

Welcome back!

