

# ARISE MY BELOVED: A CALL TO RELATIONSHIP WITH JESUS

## TRAITS OF LIFE-GIVING FRIENDSHIPS

### January: With Jesus: Arise in Friendship (Relationship)

\_\_\_\_\_ 1. Frees both persons to ask for what is wanted or needed

*“Ask, and you will receive. Seek, and you will find. Knock and it will be opened to you.”  
Mt. 7:7*

**Reflected on our desires and if those desires are about being “HOLY” like Jesus. Is our soil made of the desire to be holy so that holy soil can grow holy fruit.**

### February: With Jesus: Arise in Deepening Friendship (Projection)

\_\_\_\_\_ 2. Includes both separateness and oneness

*“...that all may be one, as you, Father, are in me, and I in you; I pray that they may be one in us.” Jn. 17:21*

\_\_\_\_\_ 3. Opens to knowing and being known

*“I know my sheep, and my sheep know me.” Jn. 10:14*

**Awareness Examen: Listening to our bodies in encountering Jesus and His “HOLINESS” through a scene in His life and what we can learn about ourselves through this scene.**

### March: With Jesus: Arise in Forgiveness (Review Projection and Forgiveness)

\_\_\_\_\_ 4. Has ability to give, receive and forgive

*“Give and it shall be given to you, good measure, pressed down shaken together, running over....” Luke 6:38*

*“But with you there is forgiveness so that we can, with reverence, serve you.” Ps 130:4*

**Awareness Examen: Listening to our bodies in encountering the modern prodigal son story characters and what we can learn about ourselves through them and in relationship with Jesus’ traits of unconditional love, the fruit of “HOLINESS”**

April: Arise in Jesus' Healing Power of Surrender

\_\_\_\_\_5. Does not attempt to control the friend

*“The world itself will be freed from its slavery to corruption and share in the glorious freedom of the children of God.” Rom. 8:21*

**Invited to detach from any relationship to persons and things that take the place of our relationship with God so as to grow in “HOLINESS.” Living our true identity as a child of God and examining this identity through the three temptations of Christ.**

May: Arise in Jesus' Healing Power of Touch

\_\_\_\_\_6. Welcomes closeness

*“Come to me, all you who are weary and find life burdensome, and I will give you rest.” Mt. 11:28*

Adapted from Signs of Healthy Love, a pamphlet by Brenda Schaeffer

**Invited to experience the Holy Spirit by being an instrument of healing touch and by being receptive to a touch of healing to grow in “HOLINESS.”**

June: Arise in Jesus' Healing Power of Thought

\_\_\_\_\_7. Affirms and encourages the best qualities in the friend

*“I am sure of this much: that he who has begun the good work in you will carry it through to completion.” Phil. 1:6*

**Awareness Examen: Listening to Jesus' mind and his thinking through the beatitudes. Invited to experience the Holy Spirit by being a healing instrument of grace for others' thoughts and by being receptive to receiving healing for our own thoughts to grow in “HOLINESS”**

July: Arise With The Mind of Christ-continuation of June

See June's trait of life-giving friendship #7 and scripture Phil. 1:6 above.

**Awareness Examen continued from June: Listening for personal spiritual distortions that disallow one to live out the beatitudes in the mind of Christ. Invited to transformation and healing of those spiritual distortions so as to live in “Holiness.”**

August: Arise In Jesus' Teaching on Listening

\_\_\_\_\_8. Able to trust and be trustworthy.

*"May the God of all hope fill you with joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit." Rom. 15:13*

**Practice yielding to silence so as to prepare our hearts to listen and hear the whisper/voice of God.**

September: Arise in Jesus' Teaching on Suffering

\_\_\_\_\_9. Accept limitations of yourself and of your friend. Limitations evoke suffering and invite mutual growth.

*"My grace is sufficient for you, for my power is made perfect in weakness." 2 Cor. 12:9*

*"The message of the cross is complete absurdity to those who are headed for ruin, but to us who are experiencing salvation, it is the power of God." 1 Cor. 1:18*

**Awareness of our inner children and the impact of their suffering within us as adults.  
Invitation to receive Jesus' healing grace.**

October: Arise With Jesus' Teaching on Serving

\_\_\_\_\_10. Willing to make commitment and stick with it. Commitment to self-giving service in our relationships is a hallmark of Jesus' disciples.

*"...it is not to do my will that I have come down from heaven, but to do the will of him who sent me." Jn. 6:38*

**Examination of personal desire and commitment in using LEL mini-retreat content in everyday life. If applied, serving out of this transformation.**