

# Me & God: An Honest Exploration

*These worksheets are designed to help you explore what your relationship is with God as you understand God. There's no right or wrong way to do this. Everyone's relationship with their Higher Power is unique and individual.*

## Stage 1 Activity: "My Safety Map With God"

**Purpose:** To help you notice and name where you feel safe — or unsafe — in your relationship with God.

On the next page, there are 2 overlapping circles.

In the Safe circle, write or draw moments, situations, or qualities of God that feel safe to you.

*In the Unsafe/Uncertain circle, write or draw moments, experiences, or qualities (perceived or real) that feel unsafe, painful, or unclear.*

*In the overlapping space, write or draw what feels mixed — where there's both safety and uncertainty.*

*On the following pages there are questions and space to write your observations.*

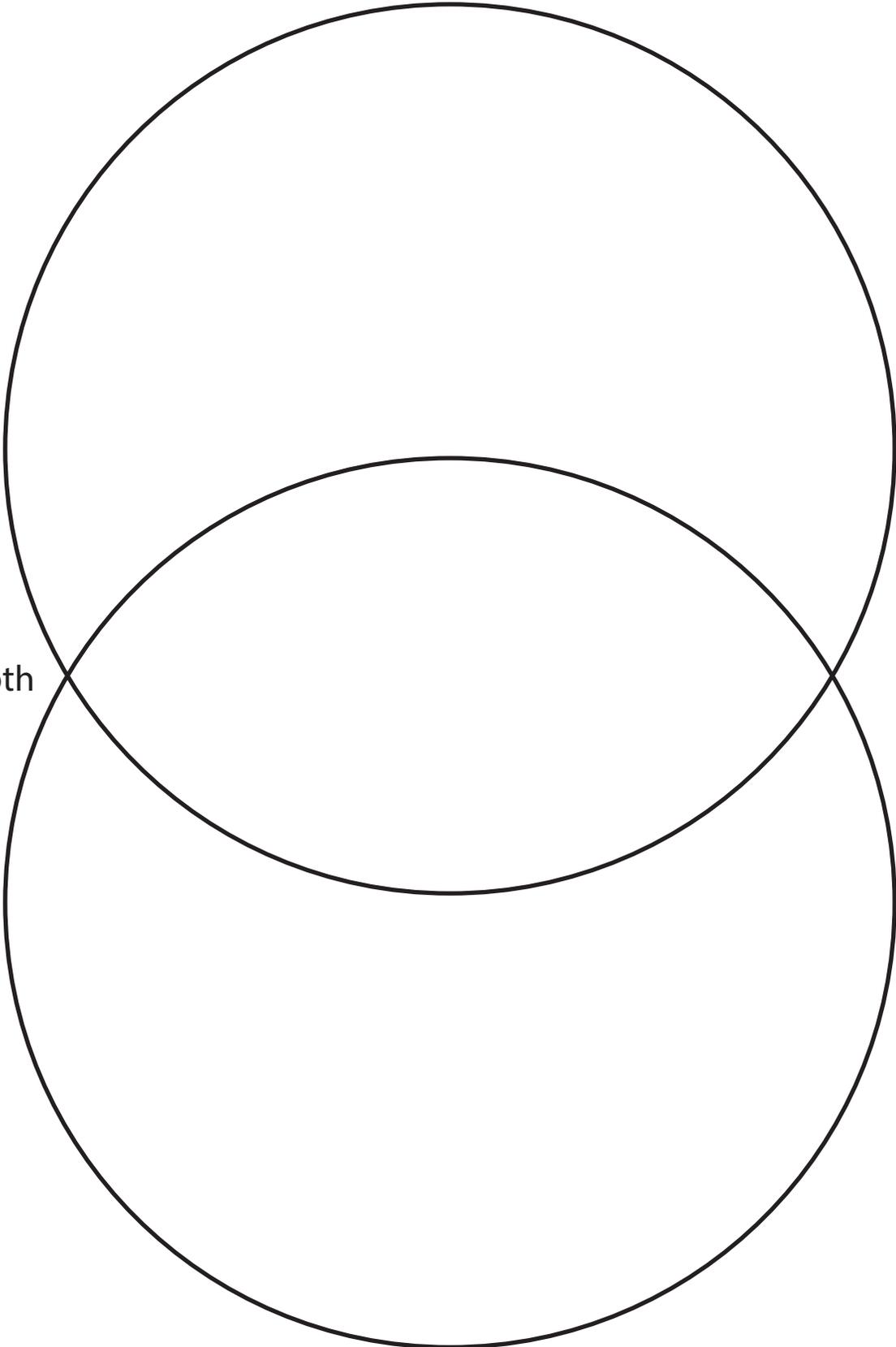
# My Safety Map With God

Safe

Both

Unsafe or Uncertain

*herwingsunfold.org*





Have any past experiences with people, communities, or teachings shaped my sense of safety or danger with God?

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What, if anything, would help me feel more safe in my relationship with God right now?

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Is there a gentle, non-demanding way I could explore connection with God?

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