

Where Is God In All My Mess?

ALL TOGETHER YOU

Part 2

CHAPTER 3



In This Chapter, We'll Look At...

What does it mean to be saved—and what if I keep on struggling like crazy thereafter?

Can I really believe that there's an unalterable goodness at my core?



SALVATION

LIVING AN EXPERIENCE OF GOD'S LOVE



WHAT IS SALVATION (FROM AN IFS LENS)

When you invite Christ into your heart and life through an act of faith, God's likeness in you prepares and empowers you to receive a new spiritual birth in Christ.

You can now live an experience of God's love, not just know about it. He fills you up inside with His divine essence.

This matters because now the hurting, stuck parts of you—my exiles and protectors—have a place to go to find healing, to be unburdened, and to be transformed . They don't have to try or work or do anything except be in the presence of God within.



*LIVING AN EXPERIENCED OF GOD'S LOVE, Not Just
Knowing About It.*



SCRIPTURES OF GOD'S PRESENCE AND LOVE

To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.

Colossians 1:27

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

The one who is in you is greater than the one who is in the world.

John 4:4



HOW DO WE ACCESS *THE GOD IMAGE?*





Step Back



- As he was working with clients, Dr. Schwartz identified what he called the undamaged Self by gently invited the parts that he was meeting to “**step back**” or “**unblend**” from the person.
- After all the parts had finally stepped back, a healthy, positive Self (God Image) emerged.
- Sure enough, the qualities of this Self were consistently what we’d describe as good.



DEFINING TERMS

BLENDING & UNBLENDING



Blend

Blending happens when a part takes over and completely obscures access to the core self, or God Image. When a part blends, the individual feels its feelings, thinks its thoughts, and experiences its physical sensations. ***It feels as though the person is the part.*** Blend is the opposite of terms like step back, unblend, separate, or relax.

(Synonyms: flood, take over.)



Unblend

The process whereby a blended part feels safe enough, or relaxed enough, to release control and step back from the central experience of the individual. When a part unblends, the person will notice an abating of its emotions, sensations, and thoughts from their immediate awareness.

(Synonyms: step back, separate, relax.)



When you are in full communion with your God Image (Self), you don't have to manufacture or create the good qualities; those qualities just spontaneously emerge.





- Schwartz concluded that these qualities are always present in every individual, but that people lose access to them if wounded or protective parts of the individual get in the way by stepping up and taking control of the person.
- Your authentic spirituality is your connectivity to God and His Image.
- When a person is led by the Self and the parts step in front of it so that the essence of the Self can no longer shine through, the Self is still there, but it's obscured.
- The Self within that Schwartz refers to is our connectivity to God and that's what is no longer seen or expressed.





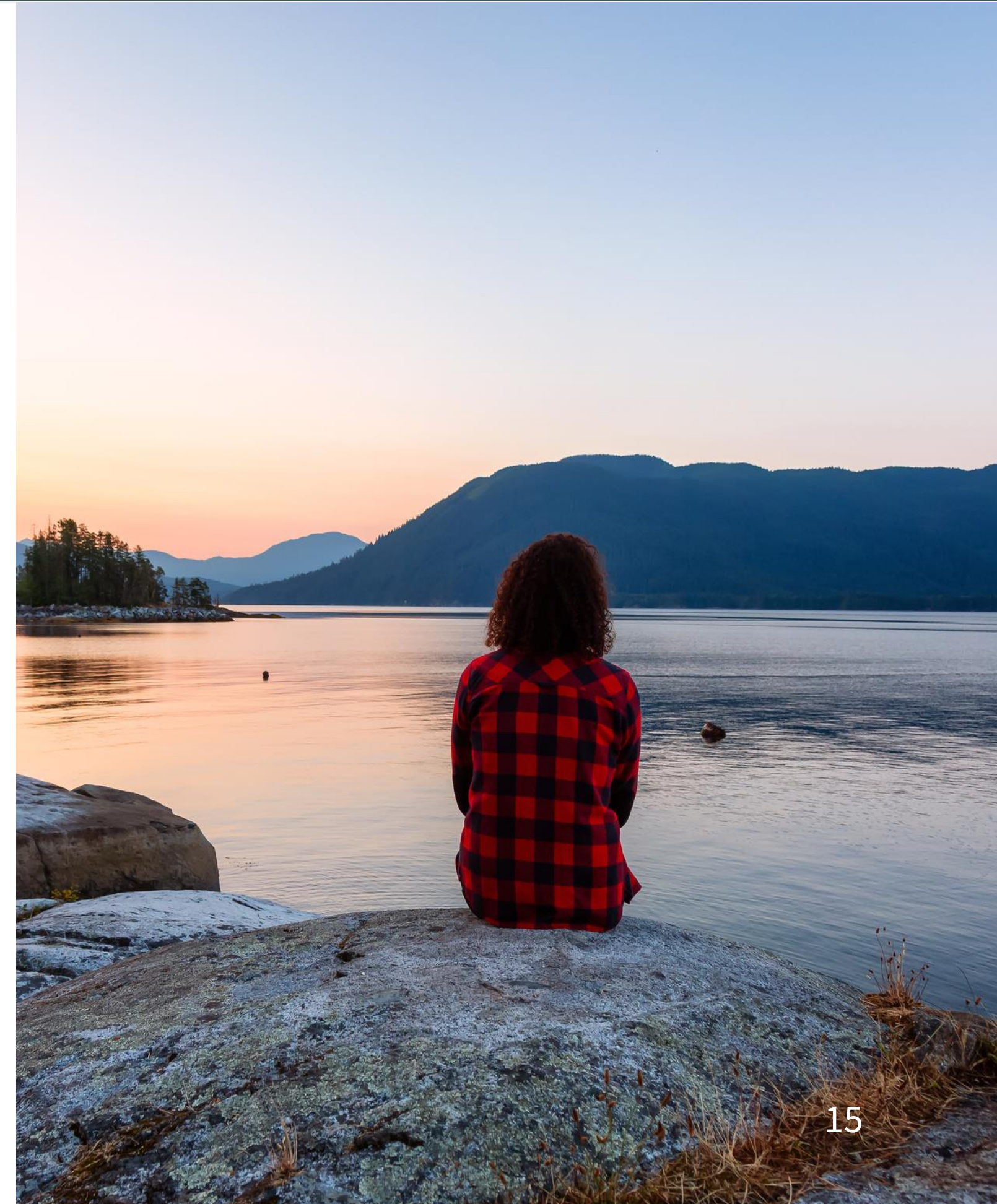
Accessing Your God Image

Going Deeper





- The fruit of the Spirit are like the 8 C's of IFS.
- The fruit of the Spirit is not something you can manufacture, but is something that spontaneously emerges when you are “in the vine” or connected to the God Image.
- If your parts have all stepped back and you have full access to the fruit of the Spirit that is already within you, the fruit spontaneously overflow.
- You can exhale and surrender into the God Image at the core of your being.
- Dr. Schwartz calls this ***accessing the Self***. You can call it prayer, worship, communion, co-regulation, etc.
- You know when you have access to your God Image. You feel it. It's physical. It's the seamless, wordless communion with God that we were designed to live in.





Living Water

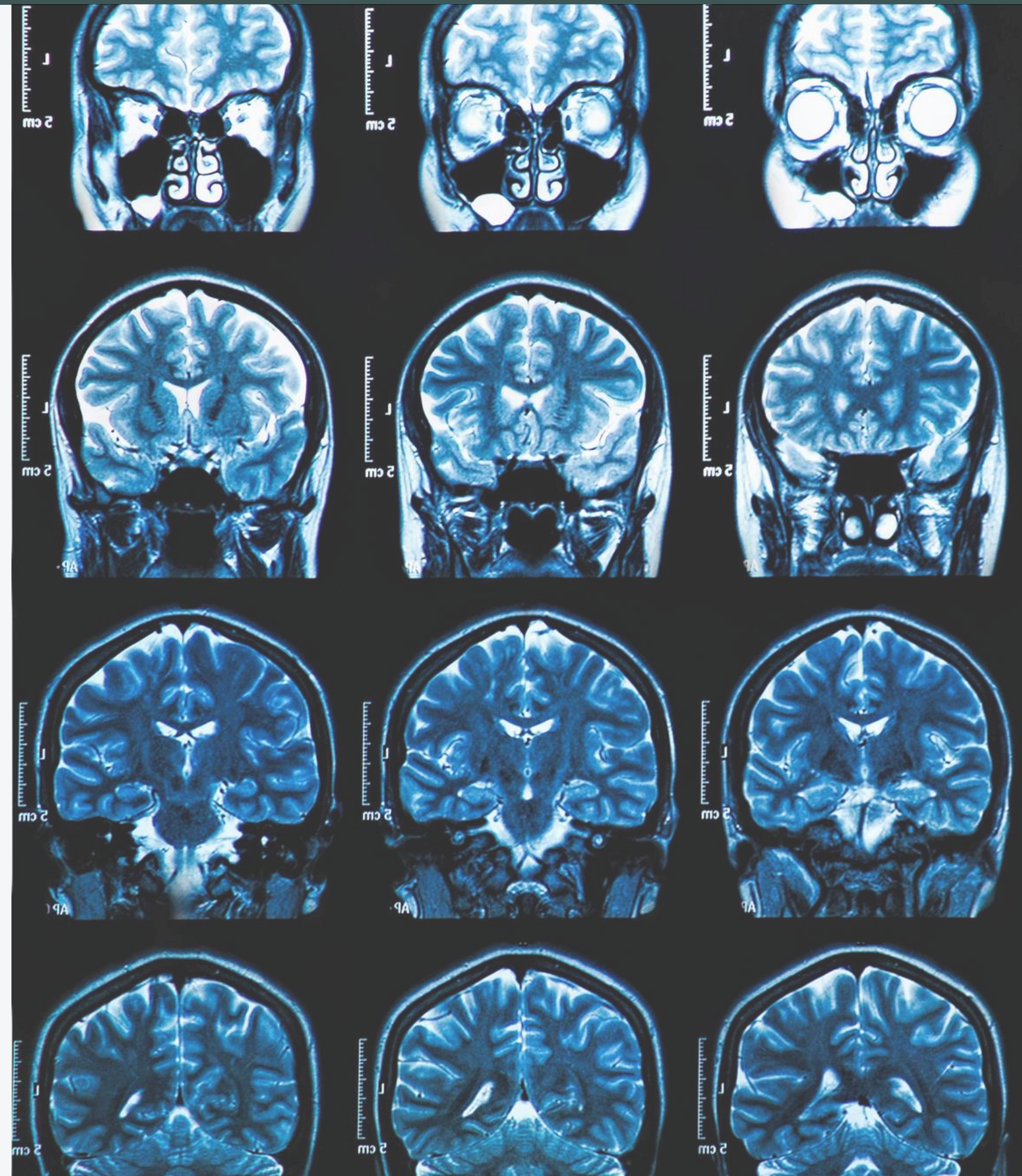


- God invites you to check in with your system. Are you flowing with and in the Spirit?
- We have these streams of living water within us. Within our God Image. Therefore, we also have at all times the ability to do what 's called a **Spiritual MRI.**
- The one-question self-check that asks, “***How do I feel toward this part, person, or experience?***”

“Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”

By this he meant the Spirit.”

John 7:38–39



Spiritual MRI

Noticing how one feels toward a part, person, or experience. Any feelings that do not reflect the Eight Cs indicate there is a part blended and the individual does not have access to their core God Image.

Going Deeper Exercise

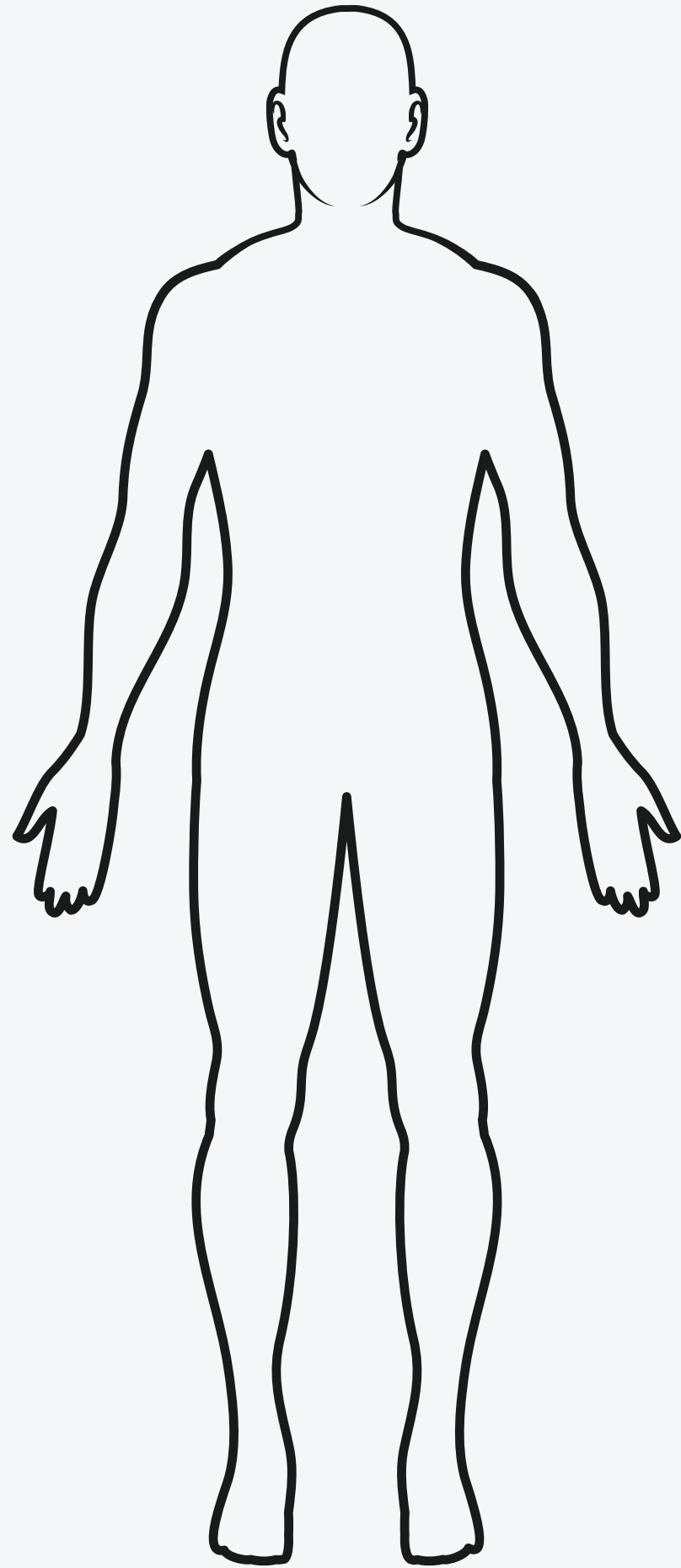
- Get comfortable, close your eyes, and turn your attention inward. Focus on what you are feeling and experiencing.
- Think of a person who mildly irritates you.
- Imagine that person is in a room, and you are outside the room looking in at them through a one-way window.
- Pause and use all of your senses to really notice this person in the room.
- Now gently check in with yourself. *How do you feel toward them?*

Going Deeper Exercise

- If your answer is calm, curious, compassionate, and/or connected, you are probably responding from your spiritual core.
- If your answer is anything else (defensive, skeptical, scared, angry, frustrated), you have a part or parts in charge.

When we approach these parts with gentle compassion and respect for the hard work they are doing, they could be willing to unblend from us enough to share their story and give us access to our God Image.





PART PROFILE

Name:

- Tone of Voice - Prosody
- Voice Volume
- Facial expressions
- Mannerisms & Gestures
- Movements
- Beliefs
- Messages
- Needs



Q & A

“Even though we have been given the power of the Spirit, why do we feel the need to get closer to Jesus by our own power, in your opinion? How has living that way worked for you?”

In the “Going Deeper: Accessing your God Image” exercise, what did you experience? Were your parts willing to unblend? If not, what were they concerned might happen if they did? If you gained access to your God Image, what emotions or thoughts were you aware of?”