

040 Go Deeper Reflection Guide

GO DEEPER: FINDING YOUR WAY HOME

A Reflection Guide for "If You Feel Far From God, Which One of You Moved?"

INTRODUCTION

In this powerful episode of Making Sense of Faith, Adam Hamilton shares a deeply personal story about searching for his lost dog Mabel that becomes a profound metaphor for God's relentless love for each of us. As you reflect on this conversation, use this guide to explore your own spiritual journey and consider how these insights might transform your understanding of being found by God.

3 REFLECTION QUESTIONS

Take a moment to consider what stood out to you most from this story:

1. Think about the "booms" in your own life—what unexpected events or circumstances have made you feel disoriented or caused you to run in the wrong direction?
2. Adam asks, "If you feel far from God, which one of you moved?" How does this question challenge or comfort you? What might it reveal about your current spiritual state?
3. Consider a time when you felt truly lost—physically, emotionally, or spiritually. What did it feel like to be found or to find your way again? How might that experience reflect God's heart for you?

2 KEY INSIGHTS

1. We become disoriented by life's unexpected "booms"

"We become disoriented by things that happen in life, by the booms that happen in life or the things that happen to us. We find ourselves disoriented. We find

ourselves wandering away from the one who would hold us and keep us and protect us."

Question: What are the "booms" in your life that have caused you to run from rather than toward safety and love?

Reflection: Just as Mabel ran from the house (safety) because she thought the fireworks were coming from there, we often run from God when life gets loud and frightening. Consider how fear and disorientation might be causing you to move away from the very source of comfort and protection you need.

2. God's heart is to actively seek and save the lost

"God says this, I will seek the lost. I will bring back the stray, and I will bind up the injured and I will strengthen the weak. This is the heart of God for people who've wandered away from God."

Question: How does it change your perspective to know that God doesn't wait passively for you to return, but actively searches for you?

Reflection: Think about the intensity of Adam's search for Mabel—driving around neighborhoods, knocking on doors, posting on social media. This mirrors God's passionate pursuit of you. You're not forgotten, overlooked, or too far gone. You're actively being sought after with love and determination.

1 PRACTICE EXERCISE

The "Coming Home" Visualization

Find a quiet space and take 10 minutes for this exercise:

1. Close your eyes and take several deep breaths
2. Think of a time when you felt truly "at home"—safe, loved, and accepted
3. Now imagine yourself in that same feeling of safety, but picture God as the one welcoming you home
4. If you feel you've wandered from God, visualize yourself simply saying: "God, I've been lost and I want to come back home"
5. Sit quietly and imagine God's response—not anger or disappointment, but joy and celebration at your return

6. Notice any emotions that arise—relief, peace, gratitude, or even resistance

7. End by silently or aloud saying: "Today is a great day to come home"

Remember: This isn't about perfection or having everything figured out. It's simply about taking one step toward the One who never stopped looking for you.

QUOTES TO CONSIDER

"God never runs away from you, but we often slowly wander away from God."

"God's not angry, God desperately wants you back, and the very fact that you're watching this that may not be an accident."

"There will be more joy in heaven over one sinner who repents than over 99 righteous persons who need no repentance."

"Come home. Come home, you who are weary. Come home."

CLOSING REFLECTION

Being lost isn't a permanent condition—it's often the prelude to being found in ways more beautiful than you imagined. Whether you feel spiritually disoriented right now or you're helping someone else find their way home, remember that the search is already underway. God is actively looking for you, knocking on doors, and celebrating every small step you take toward home.

This reflection guide was created to accompany the Making Sense of Faith podcast episode "If you Feel Far From God, Which One of You Moved?" For more resources like this, visit makingsenseoffaith.com.