



The Framing Exercise

This framing exercise, is learning how to see others as God sees them. It is the heartbeat of the biblical worldview. God has commanded us to love one another well; including our family, friends and yes, our “enemies”. From a human perspective, that seems like an impossible task. However, when we understand who we are from God’s perspective, we begin to understand that all things are possible. Loving those irregular people in our life, including ourselves, is not only possible but extremely important as we live out our life journeys.

The idea behind framing is to see all persons the way God sees them; realizing that we are all broken and in need of God’s love and grace is our starting point. The amazing thing about God is that His love for us is unconditional. He loves all those He has created the same way, He shows no favorites. Scripture is very clear on how God feels toward those whom He created. Going outside of Scripture and try to suppose how God might feel is not what this exercise of framing is all about. To interject your opinion or your bias or a short sermon is absolutely not what this exercise is about. To frame someone is to see them, and sometimes speak it into the person, how God has said He sees them throughout the Scriptures via the work of the Holy Spirit.

Framing a Christian “I love you. I have loved you before the beginning of time. I put you together in your mother’s womb. You are fearfully and wonderfully made. You matter to me. I made you different than all people that I have created through time. The iris of your eye, your thumb print and your DNA are unique to just you. I designed you in my image so that you can reason, be relational and be able to receive my love and love me in return. Because you believe that I loved you so much that I sacrificed my son through crucifixion to pay in full the price for all your sins, past, present and future! Because you believe, I have made you my child and sent the Holy Spirit, to live in you forever. This is not a little piece of me, but all of me. Through the work of the Holy Spirit in you, you now have access to all that you will ever need to live life to the full: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. Through me, as you read my word in the Scriptures, you will learn more of who I am, who you are and what it is I require of you. I do not want your performance as an attempt to earn my love, acceptance or acknowledgement. You already have it all. As my child, I want you to be a light of hope and encouragement to the world who needs me. I want you to love me and to love others by loving and serving them and by being ready and willing to tell them about me. Yes, I designed you with purpose to live life to the fullest extent and when you die, you will no longer experience suffering and death, but will live with me in heaven forever. ”

Psalms 139:13-16

Genesis 1:26

John 3:16

1 John 3:2

Ephesians 1:13

Galatians 5:22-23

Matthew 5:14-16

Luke 10:27

1 John 3:16