

■ Christian IFS Guided Meditation: Meeting a Firefighter ■

Opening & Centering

Take a few deep breaths.

As you breathe in, imagine God's Spirit filling you with peace.

As you breathe out, release the tension of the day.

Remember the promise of Psalm 46:10:

"Be still, and know that I am God."

Allow yourself to rest in that stillness now.

Inviting Jesus' Presence

Picture Jesus here with you.

See His compassionate eyes, His gentle presence.

He is your Shepherd (John 10:14) and your Healer (Isaiah 53:5).

Invite Him into this space:

"Lord, guide me as I look inside. Let me see with Your light and love."

Turning Inward

Now, gently turn your attention inward.

Notice what is stirring in your heart, body, or mind.

You might sense tension, restlessness, or strong emotions.

Ask inside, without forcing:

"Is there a part of me that wants my attention right now?"

Meeting the Firefighter

See if a firefighter part comes into focus.

This may show up as an image, a feeling, or even a memory.

Remember: firefighter parts try to put out the fire of pain quickly — through distraction, numbing, anger, overworking, substances, or other behaviors.

If you sense a firefighter, notice it without judgment.

Say inwardly:

"I see you. I want to get to know you."

Befriending with Christ's Compassion

Check how you feel toward this firefighter.

If you feel curiosity or compassion, that's wonderful.

If you feel frustration, ask Jesus to help you see this part as He does.

You might pray:

"Jesus, help me see this part through Your eyes of love."

Speak gently to the firefighter:

- "I understand you're trying to protect me."
- "I'd like to know what you fear would happen if you didn't do your job."
- "If you didn't have to step in and try to put out the fire of pain in my life, what would you rather be doing for me?"
- "You don't have to do this alone anymore. Jesus and I are here with you."

Allow space for any response that arises — even if it's just silence.

Offering God's Healing

Imagine Jesus stepping close to this firefighter part.

See Him extend His hand with kindness.

Hear Him say:

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

(Matthew 11:28)

Let your firefighter part feel His compassion and His strength.

Notice if the part relaxes, softens, or feels less alone.

Closing & Blessing

Thank your firefighter for being willing to show itself today.

Remind it:

"You are not alone. Jesus is with us. I'll keep coming back to listen to you."

Take another deep breath.

Slowly return your attention to the room around you.

When you're ready, open your eyes.

Whisper a final prayer:

"Thank You, Lord, for meeting me here. Continue Your healing work in me."