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## **2.2.1 Phase 1: The Beginning of the Path**

### **Everything Begins with a Search and a Question**

At this point, I would like to emphasize once again that the path to God begins with a search or a question. If we do not reach out, yearn, ask, and seek God, we cannot expect to find Him.

**The sincere search will lead us to Him.**

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

Quelle

[Bibel](#)

Matthew 7:7

### **Psychological and Spiritual Beginning: Clarifying Your Search**

A psychological consultation or therapy always begins with a request. Without a clear request, the therapist is not permitted to act. The initiative must come from the client. Clarifying the request is the first and most important step - it largely determines the success of the therapy.

If it becomes clear during the process that the original request is vague or confused, the clarification must be repeated. This is a basic principle taught in therapeutic training.

**In the same way, to receive God's guidance and grace, we must first take the initiative - we must ask and seek.**

This is where the journey begins.

#### **My personal search**

God has undeservedly granted me many wonderful experiences - certainly not because I am a particularly holy or faithful person.

**The only thing that may have helped was my sincere search to find the inner path.**

It was sometimes less a conscious virtue and more a search out of desperation - through my depressions, crises of faith, and sinful behavior I could not overcome.

All of it pushed me further and deeper in my search for God.

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