

Sunday, March 16, 2014



Help: Opening to God Through Weakness

During this series we will experience these practices in worship. We also encourage you to take them home and give them another try at least one more time during the week.

Reflection Activity:

Today I am anxious about these little things...

Name your minor concerns or anxieties.

And I am concerned about these big things...

Name your major concerns or anxieties.

Help me, Lord. To face these challenges, I need...

Name what you need from God.

Body Prayer:

Imagine your anxieties as a cloud above you and clench your fists to express your anxiety. Then imagine the cloud condensing into a request and capture the request in your cupped hands. Raise the request to God in open hands.