

Sunday, March 23, 2014



When?: Opening to God Through Frustration & Longing

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:

How long, Lord, until...?

Describe what you are longing for.

I'm waiting, Lord, for you to...

Describe what you need God to do or supply for you.

Until then, I trust you and reach out to you for...

Describe the virtue or personal quality that you need to be sustained this day, this moment.

Body Prayer:

Stand up straight with your head raised upward and hands at your side, hands turned upwards, as you name your aspirations and exasperations. Let your erect posture say, "I am waiting."