

Sunday, March 9, 2014



## O! Opening to Joy Every Day

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:

O, how \_\_\_\_\_ you are!

*Fill in the blank with a general quality that you associate with God such as "creative," "mysterious," "tender," etc.*

You ...

*Complete the sentence with specific examples of the general quality you just named.*

O, how I \_\_\_\_\_ you!

*Fill in the blank with the appropriate verb, such as "love," "honor," "appreciate," etc.*

### Body Prayer:

Turn your open eyes toward the sky and open your hands upward, gradually bringing your hands to your heart, lowering your head, and closing your eyes, mirroring a glance toward the greatness of God leading to a humble response.