

Sunday, April 6, 2014



Yes: Opening to God Through Surrender

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:

Living God, I feel you are offering me...

(What do you feel God wants to give you? To what do you want to be receptive?)

I say yes. Living God, I believe you are asking me...

(What requests, invitations, or promptings do you feel arising in your soul?)

I say yes. Living God, I offer myself to you.

(Describe what it means for you to surrender yourself to God)

Body Prayer:

Interlace your fingers or lightly press your hands palm to palm, as if balancing God's yes to you and your yes to God.