

Embracing Our Finitude

We encourage you to set aside 45 minutes for this prayer exercise. Regardless of whether this form of prayer is foreign or familiar to you, we encourage you to walk through the steps listed below. This prayer exercise is intended to focus specifically on one (possible) unhealthy desire of the heart. This desire can be experienced to varying degrees and reveal itself differently in each of our lives. We are fundamentally *finite* beings who are dependent upon God, but much like Adam and Eve we all desire *infiniteness*. We desire, not to be dependent upon God, but rather **to be God**. We hear Jesus' statement that apart from Him we can do nothing, and find that we do not believe this to be true in the way we live our lives. Often times when we experience our limitations physically, emotionally, etc. our deep desire to be infinite is revealed. Remember as you prayerfully reflect on these questions you are doing so in openness to God, and asking Him to speak truth to you regarding the areas of your heart that are exposed during this prayer exercise. Be aware of the temptation to fix yourself as you uncover some of the unhealthy desires of your heart, and allow the questions to simply open you in truth to God's love and guidance.

- Spend 5 minutes sitting before God.
 - Simply pray, "Father, I want to be open to you in truth."
 - As thoughts and distractions come to mind allow them to pass and re-center your heart on God by repeating the prayer.
- Spend 10 minutes acknowledging/confessing your desire to be infinite.
 - Do I desire to grant everyone's wishes?
 - Do I believe that "if something is going to be done right I will have to do it myself?"
 - Do I expect myself to always have the answers to questions (about God, life, work, etc.)?
 - Do I set unrealistic goals for myself in a day, week, year, etc.?
- Spend 20 minutes acknowledging your finite nature.
 - God has created me with limitations.
 - I cannot grant everyone's wishes.
 - I will have to depend upon others to accomplish certain tasks.
 - I have limited knowledge and am prone to forget things that I have learned.
 - I will frequently not accomplish all the goals I have set before myself in a day, week, year, etc.?
 - What is my reaction to experiencing my limitations?
 - Do I attempt to make a new plan to ensure I will prevail?
 - Do I attempt to move on to something else that I know I can succeed at?
 - Do I fabricate an answer to a question in order to maintain the appearance that I am all-knowing?
 - Do I simply give up?
 - What is the driving emotion behind these reactions?
 - Do I experience deep anger, fear or sadness when I am faced with

my limitations?

- In light of these desires spend 10 minutes acknowledging God's infinite nature.
 - Read Job 38 and listen to what God might say to you regarding His infinite nature.
 - While on your knees pray, "Lord, I need you. I have limitations and I am dependent upon you. Lord, I am finite and you are infinite."
 - Conclude by listening to Him on your knees with your face to the ground, holding open the deep desires of your heart to God.