

Prayer Exercise November

We encourage you to set aside 35 minutes of time in silence and solitude for this prayer exercise. This prayer exercise is focused on exploring your relationship with God and how Metamorpha might play a part in how He is forming you.

* Spend the first 5 minutes simply opening your heart to God.

- o As the stresses of life and the things occupying your hearts attention begin to surface gently hand those things over to the Lord.

* Spend the next 15 minutes contemplating with God the recent history (last few months) of your relationship with Him.

- o Has the Lord felt distant or near to you?
- o How has God been moving in your heart?
- o How has God been forming you spiritually?

* Spend the next 10 minutes asking the Lord how Metamorpha might be a part of what He is doing in your relationship with Him.

- o Is God calling you to the community of Metamorpha?
- o What might God desire for you and your relationship with Him through Metamorpha?

* Spend the last 5 minutes simply opening your heart to God.

- o Just be available to hear from him in this time.

Our prayer is that you would be open to whatever God desires for you through Metamorpha. We simply want to be a tool for God to use in the process of your spiritual formation. We encourage you to share what the Lord brought up in your time of prayer with others who are walking through the prayer exercise as well.

We encourage you to come back and share your experience!

