

**ASK:**

Consider your desires. Do they open up the future for you? Do they open up your heart? If not they may be false intentions.

What part of you wants to be nurtured/transformed? Why? If you could have just one wish (one prayer answered) what would it be? What do you wish you could do?

What are your aspirations for the rest of your life?

Have you set your sights high enough?

Imagine you are surrounded by God's light, with God's breath whooshing through you. You can do anything at this moment.

**PRAY:**

Pray your intentions everyday.

(May I be ..... this day)

Pray your aspirations everyday.

(May I become ..... this day)

Image yourself bathed in light.

Image others bathed in light. Remember them too. They too have intentions and aspirations.

AT BEGINNING or END (of prayer or of the day), you might repeat this AFFIRMATION:

I am created by you, Divine Light.

I am sustained by you, Divine Light.

I am surrounded by you, Divine Light.

I am protected by you, Divine Light.

I am ever growing into you, Divine Light. *(Pat Cane)*

PRAYER and DISCERNMENT  
at  
LEASIDE UNITED CHURCH

Winter Project 2010



WEEK THREE January 31, 2010  
Desires Lead to Direction

## Desires and Direction for Your Journey

To find direction is to first find your deepest desires. The following process may take as much as two hours. You can spread it over a few days if needed. Get some paper and markers out; drawing the picture releases thoughts.

Imagine your life as a strong, beautiful tree, a fruit tree. The trunk is thick, full of life, nutrients, sap. The branches are many, they spread out into the air (into the world) in all sorts of interesting directions. There is fruit hanging from some of the branches, just ripening, waiting to be picked. Where did this fruit come from? How did they arrive at the end of those branches? What processes were used? These are the processes of the spiritual life. These are the processes we use to find direction.

### Name your Root Desires:

Roots go deep into the soil, deep into the past, deep into life. They seek out water and nutrients. They dig deep to the source of Life itself. Then they slurp it up so that the whole tree (the whole body) can be fed and nurtured for growth.

Root desires: (yours may be different)

- A desire to belong
- A desire to be known and to know
- A desire for safety or comfort, reassurance
- A desire for love, for physical nourishment
- A desire for meaning in my life
- A desire to live fully

### Name your Branch Desires:

Each of us has above-ground desires too. We extend ourselves into the world, to find the life-giving sources outside ourselves, the light that feeds us, the warmth that sustains

us, the green energy that enlivens us. We express, in the outward thrust of our branches, a reflection of that which comes from the rootedness within. We can't help but express the true inner nature of our being, for it is all one.

Branch desires: (yours will be different)

- To have work that expresses my true self, for example, to be "true to myself"
- To find a calling that aligns with my inner self
- To find satisfaction in my accomplishments
- To find ways to express my feelings of love or joy or empathy with others
- To be able to express human compassion to others
- To strive for happiness, to find happiness

## EXERCISE

Can you trace your deepest desires? Once you find them, you will know which direction to follow. (For churches, once a church finds its mission, it will know what steps to take) Following these desires shows you the way.

### Follow the Outside-In PATH:

When you were a child, what were the most longed-for gifts you can think of? What did you yearn to receive? What are the hidden roots of these?

i.e. what was your heart trying to say?

Example: you wanted a puppy more than anything else in the whole world. What longings would this wish express?

As you think about your life currently, what are the things that give you joy, hope, blessing. People? Acts of kindness?

As you reflect on these, consider how you respond inwardly.

What part of you, what need inside of you, is touched by things/people/acts outside of you? Write these down on the roots of the tree picture you have drawn.