

The background is a vibrant blue mosaic of small, square tiles. Scattered across this mosaic are numerous translucent, glowing bubbles of various sizes, some appearing to float or rise. The overall effect is a shimmering, aquatic aesthetic.

Luke 15:11-24

DESPERATE DESIRING

'Came to believe that a  
Power greater than ourselves  
could restore us to sanity.'

STEP 2

The surrender of **FAITH**  
does not happen  
**IN ONE MOMENT**  
but is an *extended journey*,  
**A TRUST WALK**,  
a gradual letting go,  
**UNLEARNING**,  
and handing over.

3 SPACES:

Opinionated Head

Closed-down Heart

Defensive & Defended Body

<sup>14</sup>“You are the light of the world. A city built on a hill cannot be hid. <sup>15</sup>No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. <sup>16</sup>In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

**Matthew 5:14-16**

Opinionated Head

Contemplative  
Practices

Closed-down Heart

Open to Relationship

Steps 4-10

Right Brain Activities



# Defensive & Defended Body

Pay Attention  
Healthy Physical Practices  
“Matter Matters” to God



Luke 15:11-24

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Luke 15:25-31

# 3 SPACES:

Opinionated Head

Closed-down Heart

Defensive & Defended Body

May the God of peace  
make you whole and holy,  
may you be kept safe in  
body, heart and mind  
and thus ready for the presence.  
God has called you and will not fail you.

**1 Thessalonians 5:23**