

# *'I dare you to MOVE'*

## **Reflection:**

The trinity is described using the Greek word perichoresis, which is often translated 'to dance around'. The image is one of a dynamic God, interconnected, beautifully moving in and out and around. Because of this, when we lay down our lives we must become agile to join in the dance as God is repeatedly saying... "Behold, I do a new thing". To move well without hurting ourselves we must prepare ourselves; we must STRETCH!!! So we're going to use the sensation of stretching to help this truth to become a part of the fabric of our faith! Stretching involves moving in ways we have not for a long time, so there is some initial discomfort but it is well worth the functional gains when you suddenly realise your 'dancing' better than ever before.

## **Preparation:**

We wear hats to prepare ourselves for all sorts of exciting activities in our lives eg. weddings, exercising, sports etc, so we are going to use them to remember that we are pioneers anticipating God's new thing. Find a hat that represents 'anticipating action' to you. The hat is our cue, our symbol that we are accepting the 'dare to move'. We are going to be keeping the hat in the middle of the room all week to prompt us to do the practice.

Decide in advance what time of day suits you best to do the practice.

\*\*\* If you have physical limitations, you may prefer to do a modified version from a chair or lie on the floor as a new perspective on the room which represents your life.

\*\*\*If you're doing it with small children you may want to guide them through and pray with them at a separate time, their work might include chores or going to school

\*\*\* if you are unemployed, looking for work or completing chores around the house might be included in your work reflections.

\*\*\* There is no pressure, just space. If the daily pressures crowd your thoughts just gently push them aside and tell the Lord again... "I want to join you in a new thing". If nothing comes, then you have pleased Him by resting with Him.

## ***Practice:***

### **Step 1.**

While putting on your hat, pray aloud “God, Sanctify my imagination”

### **Step 2.**

With your feet comfortably shoulder width apart, Stretch **UP** with both hands.

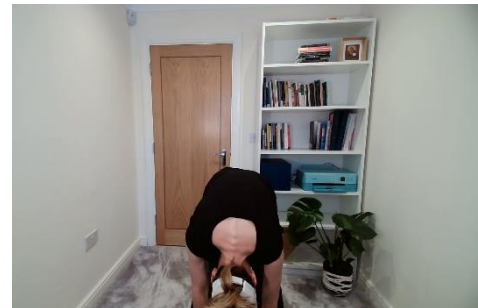
Look to the ceiling. Take a moment to consider your **Relationship with God.**

As you focus on the *feeling* of stretching, pray ***“Lord, I want to join you in a new thing in my relationship with you”.*** Listen for a minute or two.



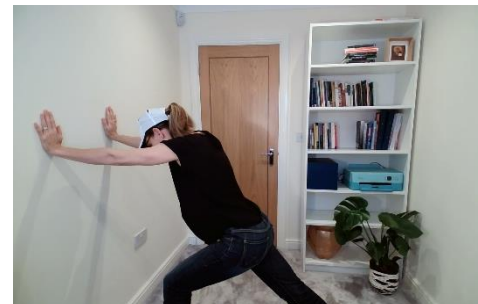
### **Step 3.**

With feet comfortably shoulder width apart, Stretch **DOWN** with both hands. Look to the floor, take a moment to consider your **Home Life.** As you focus on the feeling of stretching, pray ***“Lord, I want to join you in a new thing in my home life”.*** Listen for a minute or two.



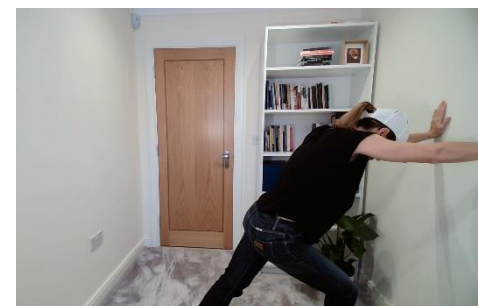
### **Step 4.**

Turn to the wall on your **RIGHT**. With both hands pushing against the wall; the left foot forward with knee bent; and the right foot back with a straight leg, stretch your right calf. Take a moment to consider the **WORK of Your Hands.** As you focus on the feeling of your right calf stretching, pray ***“Lord, I want to join you in a new thing in my work”.*** Again, listen for a minute or two.



### **Step 5.**

Turn to the wall on your **LEFT**. With both hands pushing against the wall; the right foot forward with knee bent; and the left foot back with a straight leg, stretch your left calf. Take a moment to consider your **PLAY / SOCIAL LIFE / RECREATION.** As you focus on the feeling of your left calf stretching, pray ***“Lord, I want to join you in a new thing, in my recreational life”.*** Again, listen.



### **Step 6.**

**Thank the Lord** for his presence with you and **jot down any particular thoughts** coming out of this time.



### **Step 7.**

Place the hat in the middle of the room ready for tomorrow.