

## **MOOT RHYTHM OF LIFE – PRAYER BEADS MEDITATION**

### **1. PRESENCE**

1. Recommit to journey with God
2. Recommit to journey with Moot – without relational presence Moot does not exist
3. Stop and listen to God through your emotions
4. Stop and listen to God through your thinking
5. Stop and listen to God through what has happened in your day or last week
6. Face and seek forgiveness for things that you have knowingly done wrong
7. Receive God's love for you in the context of practicing presence

### **2. ACCEPTANCE**

1. Face, accept and love yourself as God loves you.
2. Face, accept and love others who are close to you.
3. Face, accept and love those who you find difficult & challenging
4. Face & accept those things that are difficult to hear about yourself
5. Face & listen to what God wants to say to you about acceptance
6. Face & seek God's forgiveness for things done wrong, and seek God in how you can grow with acceptance.
7. Receive God's love for you in the context of practicing acceptance

### **3. CREATIVITY**

1. Beyond self-doubt, seek God about creativity – what are you excited or passionate about? What is God stirring in your heart?
2. Where is there space for creativity in your life – where is there space for creativity to transform your life?
3. What is God saying about helping Mooters to live more creatively?
4. Seek God in how you can live more creatively in the city?
5. Seek God in how you can be creative at work?
6. In what new ways can you learn and grow – theologically, artistically, humanly? What is on your heart?
7. Receive God's love for you in the context of practicing creativity

### **4. BALANCE**

1. Seek God in your reflections concerning balance between work, home and rest? Is it healthy?
2. Seek God in your reflections concerning balance between committed time to the community and social time? Is it healthy?
3. Seek God about your prayer & spiritual time – is it healthy? Does it feel like a desert? Does it bring renewal? Is it healthy? Do you do this regularly?
4. Seek God about your lifestyle – does it reflect a commitment to sustainable living that seeks to reduce the damage on the environment?
5. Is there time for exploring new forms of prayer and meditation for you to learn?
6. How is God calling you, challenging you to seek greater balance in your life?
7. Receive God's love for you in the context of practicing balance

### **5. ACCOUNTABILITY**

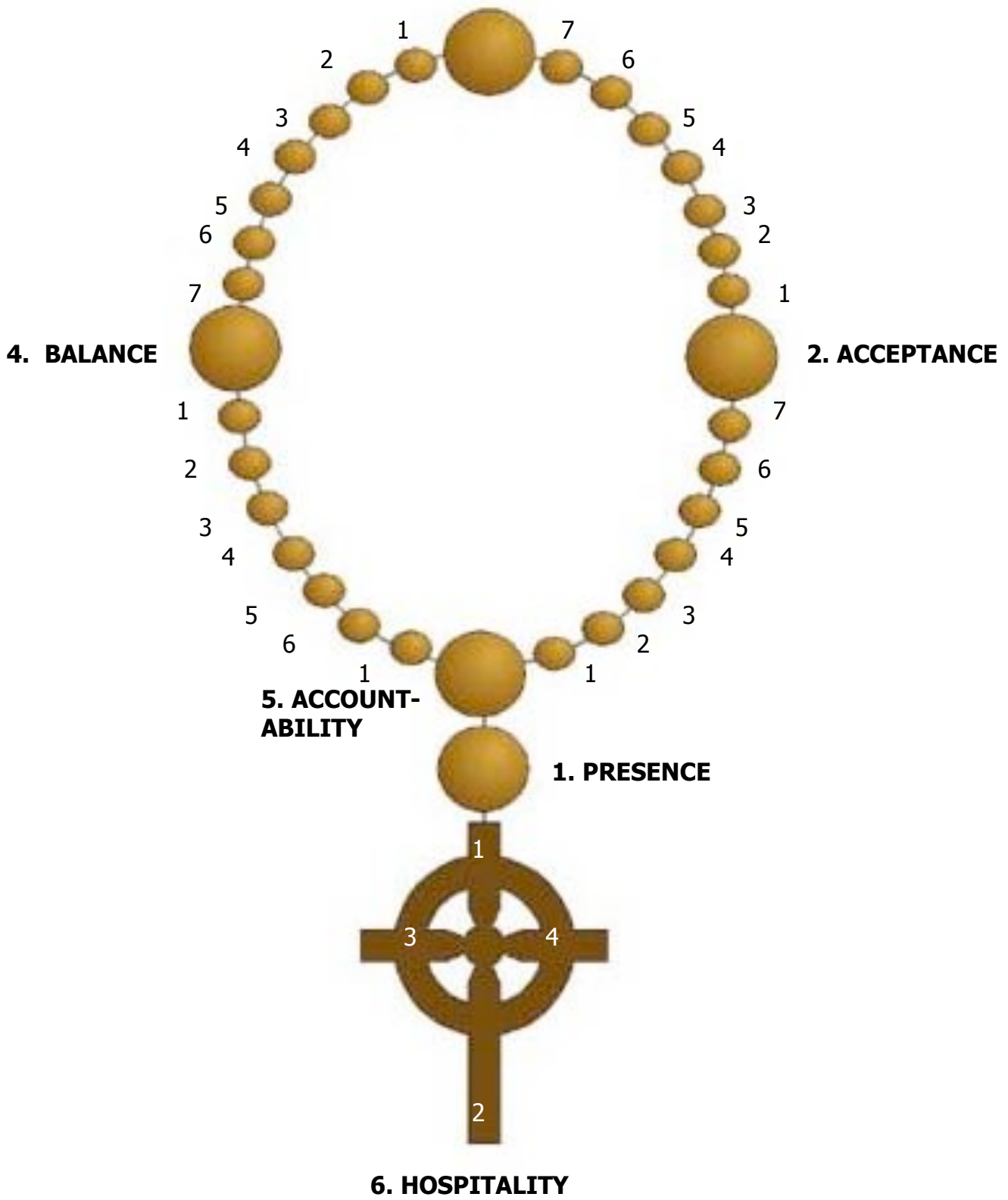
1. Christian discipleship needs a healthy sense of serving and openness to others – how are you open to accountability to partners, family and friends – where is accountability in your life?
2. Where is their accountability to those who can spiritually challenge you – such as spiritual directors and mentors?
3. Seek God about God is saying to you about accountability?
4. Receive God's love for you in the context of practicing accountability

### **6. HOSPITALITY**

1. Reflect on your life – where are the places for practicing hospitality?
2. What place is there in your life for serving others?
3. What is God saying to you about hospitality?
4. Receive God's love for you in the context of practicing hospitality

# PRAYING WITH MOOT ROL PRAYER BEADS

## 3. CREATIVITY



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