

## Wholehearted Living at Its Core

**Week 2:**     *Here I Am, Guide Me*  
**Reading:**    **Wholehearted Living at Its  
Core: Discerning Your Personal  
Core Values, Pgs. 1-16,  
Appendices A - D**

### Quote(s):

‘I am guided by the same intelligence and inspired by the same imagination which scatters the moon beams across the waves and holds the force of nature in its grasp.’ ~ Ernest Holmes

‘Stillness is the language God speaks and everything else is a bad translation.’  
~ Eckhart Tolle

‘Prayer is when I talk to God; meditation is when I listen to God.’ ~ Source Unknown

### Questions:

1. How do you connect with God and receive guidance, understanding, and wisdom?

2. What do you want to get out of your spiritual practice? How do you want to feel?
3. When you experience a challenge or a life crisis, what happens to your personal practice?

**‘DIG’ Deeper (Get Deliberate, Get Inspired, Get Going!):**

1. Creativity Video - ‘DIG’-ing through prayer and meditation.  
<http://www.unitytraversecity.org/ministry-leaders-resources>
2. Set a time every day this week to intentionally connect with God. Choose how long and the method you wish to use.

**Looking Ahead:**

1. Discuss the possibility of a group activity or project based on the series; perhaps getting together to try a ‘DIG Deeper’ option together; or creating one of your own.
2. Send stories, successes, photos, etc. for the church website and/or sharing

in the Sunday lessons and/or announcements.

3. Prepare your 'leaf' to add to the sanctuary 'Family Tree of Values' next Sunday.

**Prayer:**

*As you prepare to close this second week in prayer, take the 'Spirit-Led' rock you received and hold it gently in your hands. Open your heart to the presence of God in you as you affirm this closing prayer:*

Mother, Father God, here I am, guide me to see through your infinite wisdom, to hear with your unfailing understanding and to feel your unconditional love for me and for the world. I am opening myself to live a life inspired by what You want for me. May I have the courage to follow Your guidance and the trust in Your everlasting presence. Amen.

**MY FIRST CORE VALUE IS:**

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