



**SCRIPTURE**  
 1 CORINTHIANS 15:36  
 “Fool! What you sow does not come to life unless it dies.”  
 JOHN 3:3  
 “Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit.’”



**TRADITION**  
**PRAYER**  
 Prayer is a traditional way of being open to communication with God. There are many ways to pray and many forms of prayer. There is no right way to pray. Prayer isn’t about being eloquent, rather about being open to the voice of God.



**VITAL WITNESS**  
**LETTING GO**  
 The Hebrew understanding of blessing in the creative process involves the idea of *letting go* – not abandoning or walking away from, but letting go of “hands on” control to allow something to live into its own purpose.



**SCIENCE**  
**PLANTING SEEDS/BIRTH**  
 In nature, the seed that is sown dies as it empties itself into the growing plant. The cocoon splits open and ceases to be a place of safety for the new butterfly. In birth, the womb gives itself completely to the new life within it.

# CHANGE AND TRANSCENDENCE



**Change is hard.**  
*Change is necessary.*  
*Change is inevitable.*  
 Change is \_\_\_\_\_.

## Language

To become aware of how we feel about **change** and how open we might be to **transcendent** experiences, it is helpful to use a common language. For the purpose of this conversation, [www.m-w.com](http://www.m-w.com) makes the following distinctions:

**Change** = to make different in some particular

**Growth** = progressive development

**Transformation** = to change in composition or structure, outward form or appearance, character or condition

**Transcendent** = exceeding usual limits; extending or lying beyond the limits of ordinary experience

“Transcendence is the intimate realization of the boundarylessness intimately overflowing out in all directions. It breaches conclusions. The experience of transcendence is the experience of God.”

~Dr. James Finley

<b>Name that tune for the musical score of</b>	<b>Reflect</b>
your childhood:	1. Do you notice a connective thread in the music you named?
your high school years:	2. Can you think of any <i>containers</i> that broke open as you moved from one developmental stage to the next?
your young adulthood:	3. If yes, did you attribute that experience to the movement of God in your life? Why? Or why not?
your current life stage:	

## Lectio Divina

**Read John 3:1-5 in the style of Lectio Divina.**

**First time:** Read the text out loud and pay special attention to any word or phrase that catches your attention. Make a note of that word on paper.

**Second time:** Read the text out loud again and consider the question, “How does this Scripture inform my understanding of what it means to be a follower of Christ?” Make a note of any response that you discern in this reading.

**Third time:** Read the text out loud again and consider the question, “What in this Scripture do I hear God inviting me to do or to change?” Make a note of any response that you discern in this reading.

## Liturgy

Choose either one of the examples from your own life or one of the following examples (marriage, birth of a child, launching of a new adult, divorce) and jot down words or phrases that both:

<p><b>Honor <i>the container</i> that has broken open,</b></p>
<p><b>and name <i>the connection</i> the new life has to its past (roots) and its future (fruit)</b></p>

## Week 2 Practice:

The spiritual journey is a discipline, and requires intentional practice.

### This week:

- Every day pay attention to the changes you experience in your own life or you personally witness in another's life.
- At least 3 times this week, jot down the who, what, when, where, and how of the experience. Bullet points are fine.
- After noting the experience, comment on whether or not you could see God at work in/through the change. Why? Or why not?. *As a bonus consider whether or not the change could be part of a transcendent process.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Date	Who, What, When, Where, and How of the Experience
	<p><b>God at work in/through the change?</b></p> <p><b>Transcendent process?</b></p>

Date	Who, What, When, Where, and How of the Experience
	<p data-bbox="365 674 917 709"><b>God at work in/through the change?</b></p> <p data-bbox="365 827 722 863"><b>Transcendent process?</b></p>

Date	Who, What, When, Where, and How of the Experience
	<p data-bbox="365 1545 917 1581"><b>God at work in/through the change?</b></p> <p data-bbox="365 1698 722 1734"><b>Transcendent process?</b></p>