

Week Three Morph Me

MY SELF

INTRODUCTION

Morph is an experience designed to inspire authentic love for God and people and is not intended to be a wagging finger saying, “You should do this.” Again and again, we come back to the centrality of the heart.

Above all else, guard your heart, for it is the wellspring of life. (Proverbs 4:23)

If participation in the body of Christ is a “*should*,” perseverance will suffer. If participation in the body of Christ is a passion of the heart, we will engage with purpose and resolve. So with that, consider a question:

How can I bring my true self?

Or put another way...

How can my external actions be a true reflection of my internal heart?

Critical to your portfolio, to what you bring, is the bringing of yourself. We’ve all been in situations where we are physically present but internally we are elsewhere. It’s not difficult to engage the body of Christ externally but to lack internal passion. Such showmanship is of little value. Scripture tells us that service absent the heart is a “*resounding gong or a clanging cymbal*” (1 Corinthians 13:1). When we are fully engaged, though, when it comes from the heart, we reflect the heart of God and powerful acts of service follow.

This exercise is designed to flesh out your inhibitors and motivators toward participation in the body of Christ, and to then bring these desires before God. If done thoughtfully and prayerfully, expect to discover in your heart both passions to be fanned into flame and struggles to be confessed and cleansed. Interestingly, you may discover that the greatest inhibitors to *authentic* participation in the body of Christ are not actually the “inhibitors” but the “motivators.” Motivators, the reasons we want to engage, can come from a variety of places in our hearts and may have much or little to do with the actual work God is doing in this world. Are we motivated to engage the body of Christ because we want to see joy in the life of another, or are we motivated to engage the body of Christ because we want to impress others by our service? Honest identification of both inhibitors and motivators will move us toward authentic service in and through the body of Christ.

MY SELF

FIRST STAGE MY SERVICE

On the pages that follow, you will consider five scenarios for service. Three are scenarios presented to you, and two are scenarios you create. Use the questions that follow each scenario to consider your response to each opportunity. Be instinctive and thoughtful, but don't overthink. Guard against reporting what you think your response *should* be and instead present your response as it actually is. Honest answers will reveal important motivations of the heart.

Scenario I

Your small group has partnered with a collection of groups from your church to participate in a local homeless ministry. You are asked to show up first on Saturday night to prepare food and to set up the event. You will work alongside many of the homeless who will be assisting in the preparations. You will then come back Sunday morning to greet, pray, and talk with the attendees.

What is your instinctive response to this invitation? Why?

Where do you feel resistance to this invitation? Why? (i.e., what *inhibitors* do you notice?)

What attracts you to this invitation? Why? (i.e., what *motivators* do you notice?)

MY SELF

Scenario 2

Over the last month, you've noticed a co-worker who seems unusually down. Over lunch, you learn of her family's current financial crisis due to her husband's recent job loss. She's on the brink of losing her car. You listen to her story and feel prompted by God to do two things: 1) to engage her in spiritual conversation by sharing your own story of faith, and 2) to quietly give her a check to cover two months of her car payment. You're unsure about her faith background and don't know how she'll respond to the check, but you are unquestionably compelled.

What is your instinctive response to this prompting? Why?

What resistance do you feel to this prompting? Why? (i.e., what *inhibitors* do you notice?)

What attracts you to this prompting? Why? (i.e., what *motivators* do you notice?)

MY SELF

Scenario 3

You hear a message at church about the importance of serving. You are presented with a variety of opportunities to serve in ongoing ministries—children’s ministry at your church, a construction team for impoverished families, a traveling disaster-relief team, leading a small group of recovering addicts, etc. The “ask” is simple: Choose something, anything, and commit to serving faithfully in this ministry for at least one year.

What is your instinctive response to this ask? Why?

Where are you resistant to this ask? Why? (i.e., what *inhibitors* do you notice?)

What attracts you to this ask? Why? (i.e., what *motivators* do you notice?)

Scenario—Worst Case

Now create your own scenario, but make this a worst-case scenario. This is a scenario that you fear or that would stretch you much further than you want to be stretched. What opportunity could be presented to you that would be extremely un compelling?

Worst-Case Scenario:

Why is this scenario so un compelling? What about it stretches you (security, time, money, sacrifice, etc.)?

How could this scenario be changed to “fix” it? What would flip it to make it compelling?

What does this reveal about your *inhibitors* and *motivators* toward service?

Scenario 5—Best Case

Now create your final scenario, but make this a best-case scenario. This is a scenario you crave. What opportunity could be presented to you that would be extremely compelling?

Best-Case Scenario:

Why is this scenario so compelling? What about it inspires you?

How could this scenario be changed to ruin it? What would flip it to make it un compelling?

What does this reveal about your *inhibitors* and *motivators* toward service?

SECOND STAGE
MY INHIBITORS AND MOTIVATORS

We all have our own ways of asking, *What about me?* What did you learn about yourself from the five scenarios? What inhibits you toward serving others? What motivates you toward serving others?

Inhibitors

Motivators

MY SELF

THIRD STAGE MY SELF BEFORE GOD

Finally, group your *inhibitors* and *motivators* for service into simple “What about my _____?” questions and bring these questions to God. If, for example, you discover that giving your time is a consistent challenge for you, then write, “What about my time?” Or if, for example, you find a consistent motivation to meet more people, you might write, “What about my friendships?”

After identifying the questions, sincerely bring these questions before God and listen for his responses. In doing this, guard against the assumption that all inhibitors are bad and all motivators are good. An inhibitor may be a very legitimate concern, and you just need to know what to do with it. Or a motivator, even good and understandable motivators like the just-mentioned example of desire for friendships, might have little to do with authentic service. What happens to your service once friendships are gained?

God’s response may come immediately, or it may come later while reading Scripture, in conversation with a running partner, or in the privacy of your own prayer life. Clearly identifying the questions, though, will increase your ability to understand what drives both actions and inactions.

What about my _____?

God’s response:

What about my _____?

God’s response:

What about my _____?

God’s response:

MY SELF

What about my _____?

God's response:

What about my _____?

God's response:

What about my _____?

God's response:

What about my _____?

God's response:

MY SELF

MY SELF

Week 3, Morph Me, p. 84