

**Week Four**  
**Morph Me**

# HEARTSTORMING

## Part III



### HONEST ASSESSMENT

The exercise that follows is similar to the previous Morph Me section with a critical distinction. Previously, we gave honest assessment of what a fulfilled desire will or will not deliver, but we limited this to groupings related to the deep desire for *security*. This exercise walks through similar steps, but with a much broader perspective. Essentially, you're asking yourself, *What is my quest? What am I searching for? What is that deep desire or collection of desires that is truly driving my life?* Multiple pages will be given for the likelihood of multiple quests. If more are needed, either make copies or write on the back of a page.

As you go through this Heartstorming exercise, keep in mind the thoughts of this week's The Search for [ ] reading. In the second half of this exercise, you will be asked to contemplate what you expect to come out of your current pursuits. As you consider this question, continue to ask yourself whether you are chasing after "IT" or merely "it." Consider the genuine desires of your heart and where those desires are ultimately directed.

### FIRST STEP—IDENTIFY THE QUESTS

- Flip back to Week One—Morph Me.
- As you read your notes, ask yourself, *What am I searching for?*

### SECOND STEP—IDENTIFY WAYS YOU'RE FULFILLING THE QUEST

Use notes and additional insight you've gained to do the following...

I am searching for A relationship with full acceptance by...  
Building a family different than my family of origin  
Proving to my co-workers I'm an essential part of the team  
Dieting and exercising to make myself more attractive

I am searching for Rest by...  
Trying to save money  
Looking for a less demanding job  
Cycling

### THIRD STEP—TWO QUESTIONS

The third step is to simply ask two questions about these desires.

- *If everything is gained after the “by,” what will these desires truly deliver?*
- *If everything is gained after the “by,” what won’t these desires truly deliver?*

### FOURTH STEP—DISSONANCE OR RESONANCE

The fourth and final step is to consider if this search holds the potential to promote dissonance or resonance in your life. Will the search resonate? Why yes or why no? As with the previous discussion regarding *security*, the purpose is not to find desires that are right or wrong. In this category, the desires will often prove highly legitimate (such as having a healthy family or having a healthy body). The purpose is to give consideration to whether or not the stated search will truly fulfill the deep desire. Are we setting healthy expectations on the activities and desires in our lives? Are the desires pointing to something greater and grander than the immediate things we’re doing to fulfill that desire?

As always, use either more or less than the space provided. Color outside the lines...

**FIRST STEP—IDENTIFY THE QUESTS**

Flip back to Week One—Morph Me and ask yourself, “What am I searching for?”

**SECOND STEP—IDENTIFY WAYS YOU’RE FULFILLING THE QUEST**

I am searching for \_\_\_\_\_ by...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**THIRD STEP—TWO QUESTIONS**

If everything is gained after the “by,” what will these desires truly deliver?

If everything is gained after the “by,” what won’t these desires truly deliver?

**FOURTH STEP—DISSONANCE OR RESONANCE**

Is this group likely to experience dissonance or resonance (frustration or satisfaction)? Why? How can God be God of these desires? What needs to be moved from godlike status to giftlike status?

### **FIRST STEP—IDENTIFY THE QUESTS**

Flip back to Week One—Morph Me and ask yourself, “*What am I searching for?*”

### **SECOND STEP—IDENTIFY WAYS YOU’RE FULFILLING THE QUEST**

I am searching for \_\_\_\_\_ by...

---

---

---

---

---

### **THIRD STEP—TWO QUESTIONS**

If everything is gained after the “by,” what will these desires truly deliver?

If everything is gained after the “by,” what won’t these desires truly deliver?

### **FOURTH STEP—DISSONANCE OR RESONANCE**

Is this group likely to experience dissonance or resonance (satisfaction or frustration)? Why? How can God be God of these desires? What needs to be moved from godlike status to giftlike status?

### **FIRST STEP—IDENTIFY THE QUESTS**

Flip back to Week One—Morph Me and ask yourself, “*What am I searching for?*”

### **SECOND STEP—IDENTIFY WAYS YOU’RE FULFILLING THE QUEST**

I am searching for \_\_\_\_\_ by...

---

---

---

---

---

### **THIRD STEP—TWO QUESTIONS**

If everything is gained after the “by,” what will these desires truly deliver?

If everything is gained after the “by,” what won’t these desires truly deliver?

### **FOURTH STEP—DISSONANCE OR RESONANCE**

Is this group likely to experience dissonance or resonance (satisfaction or frustration)? Why? How can God be God of these desires? What needs to be moved from godlike status to giftlike status?

## FIRST STEP—IDENTIFY THE QUESTS

Flip back to Week One—Morph Me and ask yourself, “*What am I searching for?*”

## SECOND STEP—IDENTIFY WAYS YOU’RE FULFILLING THE QUEST

I am searching for \_\_\_\_\_ by...

---

---

---

---

---

## THIRD STEP—TWO QUESTIONS

If everything is gained after the “by,” what will these desires truly deliver?

If everything is gained after the “by,” what won’t these desires truly deliver?

## FOURTH STEP—DISSONANCE OR RESONANCE

Is this group likely to experience dissonance or resonance (satisfaction or frustration)? Why? How can God be God of these desires? What needs to be moved from godlike status to giftlike status?

### **FIRST STEP—IDENTIFY THE QUESTS**

Flip back to Week One—Morph Me and ask yourself, “*What am I searching for?*”

### **SECOND STEP—IDENTIFY WAYS YOU’RE FULFILLING THE QUEST**

I am searching for \_\_\_\_\_ by...

---

---

---

---

---

### **THIRD STEP—TWO QUESTIONS**

If everything is gained after the “by,” what will these desires truly deliver?

If everything is gained after the “by,” what won’t these desires truly deliver?

### **FOURTH STEP—DISSONANCE OR RESONANCE**

Is this group likely to experience dissonance or resonance (satisfaction or frustration)? Why? How can God be God of these desires? What needs to be moved from godlike status to giftlike status?

## **HEARTSTORMING, PART III**

Week 4, Morph Me, p. 94