

Engaging the Inner Work of Transformation



The Spiritual Practice of Sharing in Circles of Trust Preparation for Reflection #4

Coming to a Graced Crossroads

Sometimes in life, things begin to unravel.
We may find that our way of being or coping
doesn't quite seem to work for us as well as it used to.
It's as if the ground has shifted and the bottom has fallen out.
Nothing makes much sense any more.
We feel at risk of falling apart and losing our true self.
This breakdown and loss of self can happen easily,
often gradually and imperceptibly over time, until we reach a tipping point.
Or in other cases, circumstances outside of ourselves bring us to falling apart.

These are the times in life that make us or break us.
We are invited to face the deeper truths
that we have kept hidden beneath our consciousness,
or we can try even harder to deny these deep truths.
We're at a crossroads.

In the midst of all this chaos,
there is a quiet voice inviting us to choose life.
God is with us at this graced crossroads.
To choose life will mean relying less on our own reason,
and more on discerning our soul's desire.
This is a leap of faith requiring a renewed cooperation with Grace.
We have only to let go of our illusions of control, and act with courage.
God will be our guide through this graced crossroad.

Ted Dunn, The Inner Work of Transformation

- What was one of your original dreams?
- How and why did it unravel or fall apart?
- What feelings accompanied this experience?
- What called you to a leap of faith?
- What new life emerged.

You may want to dwell in your graced crossroads through journaling. Immerse yourself in these memories, thoughts and feelings and describe your full experience.

Format for Circles of Trust /Circle of Prayer Gatherings

Circles of Trust: 60-90 minutes

Circle of Prayer: 30 minutes

Review guidelines for Circles of Trust

Song [Beautiful Things](#) by Gungor (*Lyric Video by Shen Venkat*)

All this pain
I wonder if I'll ever find my way
I wonder if my life could really change at all
All this earth
Could all that is lost ever be found
Could a garden come up from this ground at all

You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us

All around
Hope is springing up from this old ground
Out of chaos life is being found in You

You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us

You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us

You make me new, You are making me new
You make me new, You are making me new

You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us

Opening Prayer

Thus says the Lord:
Stand at the crossroads, and look,
And ask for the ancient paths,
Where the good way lies; and walk in it,
and find rest for your souls.

Jeremiah 6:16

Check-In

How do you come to this gathering?

Intention/Focus

We are at a graced crossroads when we become painfully aware of our own brokenness and are simultaneously lured by grace.

Share from your preparation, prayer and reflection

- What was one of your original dreams?
- How and why did it unravel or fall apart?
- What feelings accompanied this experience?
- What called you to a leap of faith?
- What new life emerged.

Check-Out

- How do you leave this time of sharing?
- What's stirring in you now?
- What (if any) insights are you aware of at this time?

Closing Blessing/Prayer

Turn Your Spirit Loose

O God,
Turn your Spirit loose now,
And me with it,
That I may go to where the silence is
To face with you the utter mystery
Of questions without answers,
Pain without balm,
Sorrow without comfort,
And fears without relief.

Facing the mystery, God,
Grant me grace
To wrestle with it
Until I name the fears
And allow them to set me free.
To wrestle with it
Until the pain teach me
And I befriend it,
Until the silence subdues me
Into awareness that it is holy
and I am healed by it:
To wrestle with it
Until I go deeper in it
To gratitude
For all the shapes of wholeness
And of hope that bless me.

Guerrillas of Grace, Ted Loder (adapted)

Sharing in a Circle of Trust

