



## Standing on Holy Ground

**Do this first! Before you go any further:**

In each space, either write a word that fits the prompt, or circle the word that calls to you most.

3 people of faith that you respect deeply:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A situation (in your community or world) that pulls at your heart:

\_\_\_\_\_

Circle two of the following words (whichever you feel the above situation needs most):

- |               |         |           |          |         |
|---------------|---------|-----------|----------|---------|
| Freedom       | Beauty  | Joy       | Healing  | Courage |
| Listening Ear | Food    | Shelter   | Strength | Friends |
| Rest          | Renewal | Knowledge | Dignity  | Comfort |

Something that worries you about yourself:

\_\_\_\_\_

Something you feel inadequate at:

\_\_\_\_\_

Three gifts/skills that you have:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*On the next page, use these answer to fill in the blanks.*

# I AM Sending You

\_\_\_\_\_,

(Your Name)

Take off your shoes - the ground where you are standing is holy. I am the God who was worshiped by your ancestors -

\_\_\_\_\_.  
(people of faith you respect)

Feel the earth below you and how it is; the grains that are small on their own and yet together mesh to form a solid foundation to support you. This is my world and my earth; I am part of it and it of me. This world is my gift to you; it and all that lives within it is holy to me. I am your Creator, and before you were born, I chose you, \_\_\_\_\_  
(your name)  
to live in this world, to bless it, and to speak for me.

I have seen how my people are suffering in this world - they \_\_\_\_\_.  
(situation that pulls at your heart)

I have heard them and feel compassion for them and I have come to rescue them. I will bring them to a place where there is \_\_\_\_\_ and \_\_\_\_\_. I will bless  
(two words you circled)  
them and give them peace.

I know that you worry about \_\_\_\_\_ and that you feel inadequate doing  
(what you worry about)

\_\_\_\_\_. But know this: I will be with you. And you will know that I am  
(your inadequacy)

the one who sent you, when you realize that the power to live out your calling comes from outside yourself - from Me - a sense that you can do more than you ever imagined. I am choosing you as you are; you are enough. I have given you \_\_\_\_\_, \_\_\_\_\_, and  
(your 3 gifts)

\_\_\_\_\_. That was not an accident; use them well to speak and give compassion to \_\_\_\_\_ and I will give you even more power and grace.  
(situation that pulls at you)

Feel the ground beneath you. I am the eternal God and my name is I AM. I AM created this world; there is nowhere you will go in which I will not be. I AM created you. I AM will be with you. Go in peace and strength and proclaim good news to those to whom you've been sent.

## ***HOW to Stand on Holy Ground***

We don't all get a burning bush calling to us. So when you don't have that, what do you do?

1. Go outside and find bare earth if you can (e.g., grass instead of cement).
2. Recognize that all ground is holy ground, since it belongs to God. You don't have to be in any particular place.
3. Take a moment to breath in the air, feel God's presence, and notice that this place is holy.
4. Take off your socks and shoes - you don't want anything between you and holy ground. It's God's command and, anyway, we're aiming for connection to God and earth here!
5. Stand and feel the earth beneath your feet. Without looking at it, try describing it to yourself. Is it soft, gravel-y, sandy, dirty, wet...?
6. Think about how you came from this earth and to this earth you'll return. You, the earth, and God are all connected.
7. Stand and listen for God's word to you. This may be a voice, a silence, or a reading from scripture. But it's also the words on your "I Am Sending You" page. Proclaim (read) them out loud to yourself.
8. Let the words soak in. Ponder them. Pray about them. After a time, put your shoes on and go about your day having been re-connected with God!