

You made my whole being.  
You formed me in my mother's body.  
I praise you because you made me in an amazing and  
wonderful way.

All the days planned for me were written in your book before I  
was one day old.

Psalm 139. 13-16

Before the world was made, God decided to make  
us his own children through Jesus Christ.

That was what he wanted and what pleased him.

Ephesians 1.5



Hold a reminder of babyhood in  
your hand.

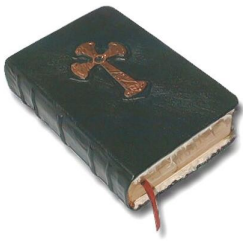
There was a time when you were even  
smaller, as yet unborn.

You were being formed by your genes with  
no thought or effort on your part.

That was how God planned.

What did you know then that you  
don't know now?





I was the one who taught you to walk.  
I held you steady in my arms.  
I drew you to me with affection and love.  
I picked you up and held you to my cheek.  
I bent down to you and fed you.

Hosea 11.3-4 (paraphrased)



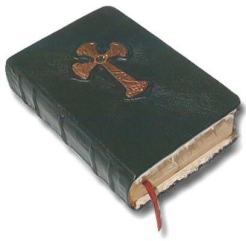
There are days  
when  
my adult ways  
turn tasteless in my  
mouth  
and the child of  
long ago  
starts  
pressing on my soul



On days like that  
I long to touch that child again  
and let her take me by the hand  
and lead me down  
a path that has a heart  
and show me all the things  
that  
I've stopped seeing  
because I've grown  
too tall.

Macrina Wiederkehr A tree full

What memory of childhood comes to you at this moment?  
Dwell on it - and the feelings that come with it.



But he was pierced  
for our transgressions,  
He was crushed  
for our iniquities;  
The punishment that brought us peace  
was upon him....  
and by his wounds  
we are healed.

Isaiah 53.5



We have all been  
marred by the effects of our own sin  
within....

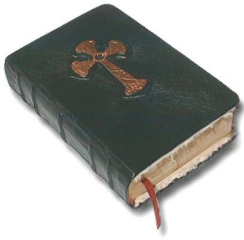
tarnished by exposure to the corrupting  
atmosphere of the world...

bruised by the blows others have given us....



The love and sacrifice of Jesus  
is the source of our healing and transformation.

Listen to the soothing sound of water. Thank Jesus for your healing.



And we  
who with unveiled faces  
all reflect the Lord's glory,  
are being transformed into his likeness  
with ever increasing glory,  
which comes from the Lord,  
who is Spirit..

1 Corinthians 3.18

We have not yet been shown what we will be  
in the future. But we know that when Christ  
comes again, we will be like him.

1 John 3.2



The eternal now  
is also the now of this moment in time.  
it is in this moment,  
in this place,  
that we are being transformed.

Always.

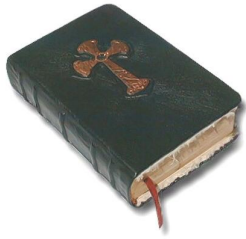


Just so

the solid stuff of a candle is -  
moment by moment -  
transformed into light..



Light a candle. Watch its transformation. Know your own.



There is a physical body. And there is also a spiritual body. The body that (dies) is a physical body. When it is raised, it is a spiritual body.

I tell you this secret: we will not all die, but we will all be changed. It will only take a second. . . . . the trumpet will sound and those who have died will be raised to live for ever .  
And we will all be changed

From 1 Corinthians. 15

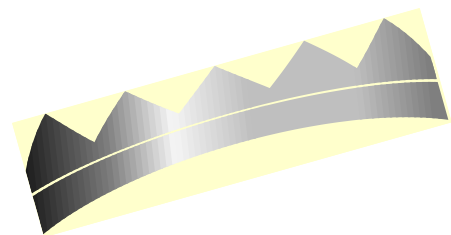
And when the Chief Shepherd appears,  
you will receive the crown of glory  
that will never fade away.

1 Peter 5. 4



Hold a crown ,  
or place it on your head.

It is a gift,  
given to you by your Heavenly Father  
because in the world  
you were prepared to humble yourself  
and to serve.



Ten thousand friends, old and new, look on –  
their eyes filled with love and approval.

Accept the gift. Reflect on what it means to you.

The wonderful beauty of prayer is that the opening of our heart is as natural as the opening of a flower.



To let a flower open and bloom it is only necessary to let it be; so if we simply are, if we become and remain still and silent, our heart cannot but be open, the Spirit cannot but pour through into our whole being.



It is for this we have been created.

## God Transforms Me

In our imagination and our spirit we can step out of time into God's eternal now. Here are five stations which encourage you to reflect on the 'now' of your own life.

**blue** - before you were born

**green** - childhood

**red** - damage and restoration

**gold** the now of every moment

**White** - heaven

Because all of these are in the eternal 'now', you can visit them in any order - or just visit one or two. The choice is yours. There are cards with Bible verses - and Heart to Heart cards with suggestions for reflection.

Take a few deep breaths. Listen. Move when you are ready

