Phase 1: Reflection Exercise

Exploring Our Motivations to Plant

This 60-minute reflection is designed to help you reflect on why. At the beginning of this assessment process, it is imperative to honestly ask ourselves before the Lord, “Why do I want to plant a church?” Wrong motivations for planting can negatively impact our methodologies and expectations. They can also wreak havoc on planters, their families, and the communities we are seeking to serve.

It is therefore important to do the work of naming and holding before the Lord our motivations as we begin the assessment process. As fallen beings, our motivations will never be fully perfect. This reflection is designed to create space for you to bring whatever motivations you find in yourself before the Lord.

# Set Up

Set aside 60 minutes. You’ll need a way to watch the video and a journal. Let people know you’ll be unavailable during this time and put your phone/computer on do not disturb. Go to a quiet place where you’re able to really focus.

# Entering In [10 mins]

Settle into a comfortable sitting posture. Take a deep breath, hold it, and slowly exhale. Repeat that several times. Ask the Lord to quiet your mind and heart. If it helps, write down things that come to mind (worries, things you need to do, etc.) so you can fully release them from your mind. Sit in remembrance that the Lord dwells within you and is ever-present with you.

##### Collect for Seeking God (Anselm of Canterbury) BCP #89

Teach me to seek you, and as I seek you, show yourself to me; for I cannot seek you unless you show me how, and I will never find you unless you show yourself to me. Let me seek you by desiring you, and desire you by seeking you; let me find you by loving you, and love you in finding you. Amen.

In your own words, ask the Lord to search your heart and reveal anything he wants to during this reflection time.

# “Exploring Our Motivations” Video [23 mins]

As you watch, pay attention to your heart and body. Are there moments when you feel yourself tense? Make note of those moments.

Click this link to watch the “Exploring Our Motivations for Church Planting” video (it’s the final video on this page): <https://www.gulfatlanticdiocese.org/assessment>

# Reflection [25 mins]

What stood out most to you in the video? Were there any moments where you felt tension? What were they? Journal your thoughts.

Were there any “bad motivations” that resonated with you? Hold those before the Lord. Ask him if he has anything he’d want to say to you about it. If it helps, journal your thoughts/prayers and anything you sense from the Lord.

Ask the Lord and yourself, “What is governing my reasons to plant?” Journal thoughts as they come.

As Dan said, the right motivation for planting is: “For the glory of Christ and for the sake of the lost.” Sit with that phrase in your heart for a moment. What physical or emotional reactions come up in you as you contemplate that phrase? Turn that phrase into a prayer and pray it back to God. If it helps, journal your prayer to the Lord.

# Closing [2 mins]

Spend some time in thanksgiving to God for this time. Ask him to seal up anything he said to you.

##### Collect for Mission (BCP, Morning Prayer)

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the Cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen.