



UP CHURCH

# BURNING BOWL 2021

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## What Is Burning Bowl?

Burning Bowl is a powerful and sacred worship experience designed to help you release the mental blocks that keep you from the life God intended. The “unquenchable fire” of Spirit can burn off the chaff in your life, world and affairs (Luke 3:17).

To make your Burning Bowl experience successful, you will need the following:

- A journal
- A pen
- Burning Bowl Prep Kit
- Stamped envelope
- Paper to write your Letter to God

## What to Expect

- UP Church’s Burning Bowl Service is Sunday, January 3, 2021. This year you have two choices.
  - OPTION 1: Join our Burning Bowl Ceremony online during our normal worship experience, starting at 1 p.m. PT. Then, from 2:30 - 4:30 p.m. PT you can come to a drive-by fire pit at the church where we will be there to pray as you release. There you can burn and release into the unquenchable fire of Spirit all that no longer serves your highest good.
  - OPTION 2: Join our Burning Bowl Ceremony online during our normal worship experience, starting at 1 p.m. PT. Then, following the ceremony, burn your list safely outdoors.
- Next, write your Letter to God. Get clear on what you want to be, do and have. Do not be afraid to be specific. Vague prayers bring vague results. We will hold your Letter to God in our Prayer Chest. In July 2021, we will return your **unopened** letter via U.S. Mail. You will receive your letter before our Christmas in July celebration.

## What to Do Now

- Read through this Burning Bowl Prep Kit. Familiarize yourself with its contents.
- Dedicate 10 minutes each day to work with the exercises in this kit. Let the true desires of your heart emerge.
- Use this time to quiet your heart and listen for God’s voice within you. Get really clear on what you truly want to bring into your life and what you must let go to have it.

# OPEN YOUR MIND!!

## Step One: Know What You Want

*"Write the vision and make it plain on tablets, that he may run who reads it" (Habakkuk 2:2).*

Instructions: In your journal, answer the following questions.

- What brings you joy?
- Using vivid details, describe this joy as you would to a friend. Only use words that make you feel something.
- What does your good look like? Feel like? Taste like? Sound like? Smell like?
- When you think about your desire, what emotions come up?

## Step Two: Know What Must Go

Instructions: Meditate on the following Bible verses and the related question. Record all insights and revelations in your journal.

### #1 What is it time to release?

*"It is hard for a rich man to enter the kingdom of heaven." (Matthew 19:23)*

### #2 Who or what needs to be forgiven?

*Peter asked "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven." (Matthew 18:21-22)*

### #3 If you were guaranteed to get it, what would you ask God for?

*"Now faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11:1)*

### #4 What helps you remember God as the Source of your Supply?

*"Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow or turning." (James 1:17)*

### #5 Where are you willing for God to lead you?

*"The Lord is my shepherd; I shall not want." Psalm 23:1*

### #6 What else needs to be released?

*"For as he thinks in his heart, so is he." Proverbs 23:7*

### #7 Are you willing to speak the word for release?

*"So shall My word be that goes forth from My mouth; It shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it" (Isaiah 55:10-11)*

### **Step Three: Choose the Chain to Break**

Instructions: Take a blank piece or strip of paper. Using the insights gained from the burning bowl prep kit exercises, make a list of what you are willing to release to God. This list may contain any or all of the following: past hurts, disappointments, failures, longstanding grief, depression, addictions, bad habits, false beliefs, hardened feelings, broken hearts...anything that keeps you from experiencing God's abundant universe of Absolute Good. Bring your Release worksheet to the Burning Bowl Service. If you are participating remotely, find a quiet moment to be with spirit and safely burn this release worksheet.

### **Step Four: Fill the Gap with Good**

Instructions: The last step is to compose your Letter to God. Take a blank sheet of paper or open a blank Word document.

- **Vision:** Find a quiet space where you won't be interrupted. Relax your body and mind, then bring to mind the good you desire. Experience your desire with as much detail as possible. Make note of any insights that come during your visioning.
- **Journal:** Write out a description of your life now that your request has been manifested.
- **Act As If:** Choose a day where you will live as if your desire has been manifested. Be sure to capture in your journal any insights that come from this exercise.
- **Write:** The above exercises are designed to help you get clear about your desire. Once you know what you want, then write your Letter to God. Utilize the things you learned from the exercises in this step to help you be specific.
- **Send it to UP:** Mail your letter to UP Church and it will be held in prayer for six months and returned to you in July 2021. Be sure to write "Letter to God" or "LTG" on the back so that it is not opened.

Joshua 24:15 | Proverbs 3:5-6 | Matthew 6:33  
Matthew 22:37-40 | Matthew 28:19-20 | John 4:34  
John 15:1-9, 15 | John 17:4 | Acts 1:8 | Acts 20:24

## **Understanding Principles for Better Living Church**

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