



Close your eyes.

Sit in silence for one minute.

Imagine your heart as a stream where the deepest longings of your soul rest like rocks beneath the surface.

Invite God to raise each rock to the surface and show you its name.

For me, the rocks read "healed relationships," "clarity," "rest." What are your rocks named?

Pray over each rock and offer the rocks back to God, the One who made the stream, who is the water, and who protects your heart.

Practice from [The Very Good Gospel](#) by Lisa Sharon Harper.