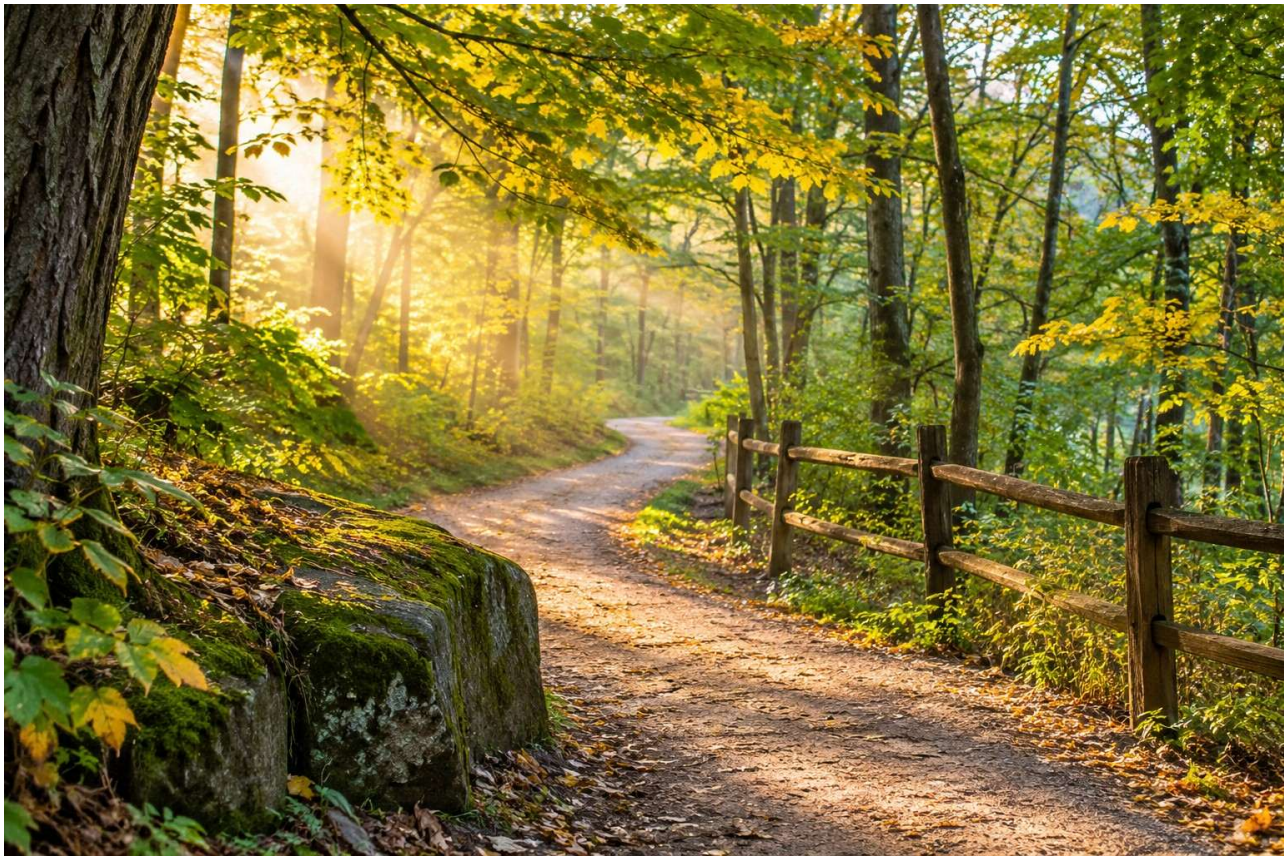
Ananeo Ministries
Spiritual Renewal of Heart & Mind

THE FORMATION PATHWAY / BELONGING

Movement 1

Come As You Are

A gentle beginning for your journey with Jesus.



God meets you where you really are, not where you pretend to be. Grace is the starting point, not the reward.

Movement Overview

Purpose:
To create a safe, grounded beginning where you feel free to be honest, human, and present. This movement establishes a culture of grace, belonging, and non-performance.

Core Message:
God meets you where you really are, not where you pretend to be. Grace is the starting point, not the reward.

Scripture Anchor:
Ephesians 2:1-10; Matthew 11:28-30

One-Sentence Summary:
You can stop striving and breathe again. Jesus meets you with gentleness, not demands.

What This Movement Forms:
Safety, honesty, relief, groundedness, openness to formation.

Before You Begin

Renewal of heart and mind begins with coming to Jesus in honesty.
He already knows the condition of your heart. He knows you may feel ashamed, afraid, or lacking faith. You may even be carrying the weight of your past. But He can hold that honesty, and in love and grace He says, “I stand at your heart and knock.” When you let Him in, the Holy Spirit can begin His renewing work.

Come As You Are

Welcome

Take a breath.

Jesus welcomes you just as you are right now - without pretense, without pressure, without judgment. Only love.

So if you’re tired, or carrying shame, or feeling distant… that’s okay. He’s here with you in this moment.

And if you’re not sure what to feel or what to expect… that’s okay too. He simply invites you to be with Him, to rest, and to let Him renew you in His time and His way.

This is where formation begins: not with effort, but with honesty.

A Simple Prayer to Begin

You can whisper this, or let the words rest quietly inside you:

"Jesus, I'm here.
I don't know what You want to do in me today,
but I'm open.
Meet me as I am."

This prayer isn't about getting it right.
It's about opening the door.

Scripture - Jesus' Response to Your Prayer

Read slowly.
Imagine Jesus speaking these words directly to you.

Matthew 11:28-30

"Come to Me… and you will find rest for your soul."

To fan the flame of your faith:

When Jesus promises "rest," He means the deep place inside you that finally stops trying to earn His love.

Ephesians 2:4-5

"But God, being rich in mercy… made us alive together with Christ."

To fan the flame of your faith:

Grace always moves first.
Before you ever reached for God, He reached for you.

A Simple Truth to Hold

Jesus meets you where you really are - not where you think you should be.

You don't have to fix yourself first.
You don't have to pretend.
You don't have to be "further along."

Grace is the beginning.

Reflection (Choose One)

You don't need to answer all of these.
Just notice which one your heart leans toward.

What part of your life feels heavy right now

Where do you feel distant or numb toward God

What would it look like to “come as you are” today

What do you hope Jesus might restore in you

Let your honesty be your prayer.

A Simple Practice for the Week

Once a day, pause for 30 seconds and say:

> “Jesus, here I am.”

No pressure.
Just presence.

This is how formation begins.

A Line to Carry With You

> “Just as I am, Thou wilt receive…”
> — Charlotte Elliott

Let this truth follow you into the week.

Closing Prayer

Jesus, thank You that You receive me just as I am - wherever I am spiritually - and You invite me to simply be with You.
Help me carry this truth in my heart today and every day.
Amen.

When You’re Ready

Move to Movement 2: Identity - You Belong to Jesus.
No rush.
Just the next gentle step.