

GETTING OUR LIVES BACK....

WEEK ONE

OUR CRAZY WORLD...the world has gone mad, and it is taking us with it. Life is hectic; communication is impersonal; societal issues seem to get worse. Steady exposure to trauma traumatizes us. Our souls can't do life at the speed of smartphones. How would you evaluate your life

ARE YOU HAPPY MOST OF THE TIME

WHEN WAS THE LAST TIME YOU FELT CARE-FREE/LIGHT-HEARTED

ARE YOU EXCITED ABOUT YOUR FUTURE

MORE OF GOD...our souls are like scorched ground that can't absorb the rain they need. They are exquisite vessels created by God that only he can fill. We need MORE OF GOD to fill MORE OF US. In this class, we will discuss practical ways-what I call "graces/practices" that will put us in places to receive God's help.

BENEVOLENT DETACHMENT...our focus tonight: BENEVOLENT DETACHMENT. It is BENEVOLENT because it's voluntary; it is something DONE IN LOVE. We set BOUNDARIES, create a HEALTHY DISTANCE from all that drains our lives. We detach from LIFE'S PRESSURES, unplug from electronics, and create time to focus on being, not just doing. It is the ability to LET GO, to WALK AWAY PHYSICALLY/SPIRITUALLY from what binds us. We must EMPTY OURSELVES of what is taking up space in us, making room for God to fill the VESSEL OF OUR SOULS.

Slow down our pace, simplify schedules, declutter our lives, unplug from ELECTRONIC DEVICES, practice silence, and give burdens to God

THE ONE MINUTE PAUSE...a simple way to start: the ONE MINUTE PAUSE. Just take 60 SECONDS-you decide when/where- and be still, let EVERYTHING GO WHAT YOU HAVEN'T DONE, WHAT'S COMING NEXT. JUST SAY, "LORD, I GIVE IT TO YOU. YOU CAN CARRY THIS PRESSURE BETTER THAN I CAN

We aren't trying to FIX ANYTHING/FIGURE ANYTHING OUT, not denying or avoiding our problems: we are letting their weight go for one minute. In just a minute, we can pray, relax, enjoy silence, or appreciate a place of beauty. We can pause anytime/anywhere. There are no rules to follow or right words to use. The one-minute pause is DOABLE.

LIFE HAPPENS TOO FAST...many people live DISTRACTED LIVES. It has become the NEW NORMAL, a socially acceptable addiction. The more distracted they are, the less present they are to their souls. Life happens too

fast; we get overwhelmed by what we see and hear. We can't find MORE OF GOD till we can GIVE HIM MORE OF US, more of our time/attention.