

Karen Stevensen Part 3 Notes - January 26, 2020

Have you joined an affinity group? It's not too late! This is the place to work through this series on shame and vocation with some other people and make some new friends.

Infinity circle with vocations listed on the board

I. Review last two forums-bring attention to the world's model being unsustainable. Faith model frees us from this cycle of fear, shame, self-doubt, etc. and enables us to be useable by God to bring God's love to others through our vocations.

II. Today we will focus on being generous and loving.

Tell the Good Samaritan Story AS =. In this story in Luke Jesus was asked the question "What do I do to inherit eternal life? Jesus responds, Love God with all your heart, mind and strength and love your neighbor as (=) to yourself" Then Jesus tell the story to illustrate what he said. In the story, a man was robbed. Two people pass him by without helping. The Samaritan man helps him by bandaging his wounds and taking him to an inn and picking up the bill. Then the Samaritan leaves and continues his plan for the day-he was on a journey before he saw the man. He helped but he also took care of himself. Jesus never said love your neighbor more than yourself. Our faith model is =. In order to be generous and loving to others it starts with filling my self up with God's love and caring for my needs. I can't care for others on empty. That's not a faith model; it's unsustainable. It leads to burnout and actually resenting the person we care for. Look at these vocations- on empty we aren't actually loving in our spirit, it's more like duty or being functional. Verses when I have a generous and loving energy towards others. This also builds my self esteem-I like how I acted.

Make an = sign everywhere, your bathroom mirror, your computer screen, the refrigerator-reminders love me = love others. GIVE OUT STICKERS

Intimacy wheel - get my needs met Six areas of intimacy: Intellectual- engaging in meaningful conversations; Social- doing fun things in the present moment and sharing your responses with each other brings energy to the relationship; Physical- affection and exercise caring for my body; Sexual- safe loving touch or if single masturbation or accepting I'm a sexual being if I'm not in a relationship in which I get these needs met I can be aware of this and focus on getting needs met in the other five areas; Spiritual- practices that fill my spirit ;and Emotional-being in relationships in which I can share my feelings.

III. Judgement. So what do we do with this voice in our head that is quick to judge myself and others? That voice that makes me hard hearted?

I. We observe it. Our minds observe differences and compare, but we also have the ability in our minds to notice when we do this.

Think of a situation where you had strong judgement and you were really hard on yourself. Turn to a partner and share how you feel in your mind and body, share how you talk to your self. Next

Think of a situation where you feel judgement towards someone else.

Share with your partner: how do you feel in your mind and body, share how you act.

The judgement makes it hard to be present; it takes away from love of self or the other.

Think for a moment about the story of Jesus and the woman who had been committing adultery and the men in the town were going to stone her. Jesus got down on the ground and he played in the dirt drawing their attention away from the woman they were judging then he says, whoever is without sin throw the first stone. Jesus showed us how to move our attention to grace. Notice or observe the harsh judgement, then distract yourself from thinking about it further.

We choose to act loving because then we feel good about ourselves and the other person receives grace from us. It helps to remember- other people are likely already hard on themselves- they don't need me to be hard on them too.

V. Let's summarize the faith model

Grace for others starts with grace and love for me

-practices of taking in God's love is #1

-I can choose to let go of ego and ask God to use me (develop practices)

-In my vocations I consciously let go of judgement so I can be generous and loving

-I feel good about how I love and I turn to God and give thanks for using me.