



BETTERDAYS

Invitation to Silence



*Unless the Lord builds the house,
those who build it labor in vain. - Psalm 127:1*

Silence



*O Lord, my heart is not lifted up;
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
But I have calmed and quieted my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.*

*O Israel, hope in the Lord
from this time forth and forevermore.*

Psalms 131 ESV



I Shall Not Want

*From the love of my own comfort / From the fear of having nothing
From a life of worldly passions
Deliver me O God*

*From the need to be understood / And from a need to be accepted
From the fear of being lonely
Deliver me O God / Deliver me O God*

*And I shall not want, no, I shall not want / When I taste Your goodness, I shall not want
When I taste Your goodness, I shall not want*

*From the fear of serving others / Oh, and from the fear of death or trial
And from the fear of humility
Deliver me O God / Yes, deliver me O God*

*And I shall not want, no, I shall not want / When I taste Your goodness I shall not want
No, I shall not want, no, I shall not want / When I taste Your goodness I shall not want
When I taste Your goodness I shall not want
I shall not want / I shall not want*

What is the state of your soul?

If your soul had a voice, what would your soul say today?

Conversation in Groups



Heart and Emotions



This Being Human

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of it's furniture,
still, treat each guest honorably.*



*He may be clearing you out
for some new delight.*

*The dark thought the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes,
because each has been sent as a guide from beyond.*

Rumi



Heart and Emotions - Emotions

The unbalancing act of over-emphasizing or under-emphasizing your emotions: *Emotional autopilot* of fusion or numbness.
Emotions are a gift of God. They are part of your design.
Consider your emotions as a center of intelligence.
Learn to love and honor God your emotions (the book of Psalms).





Heart and Emotions - Emotions

We honor our emotions by distinguishing our emotions from our thoughts.

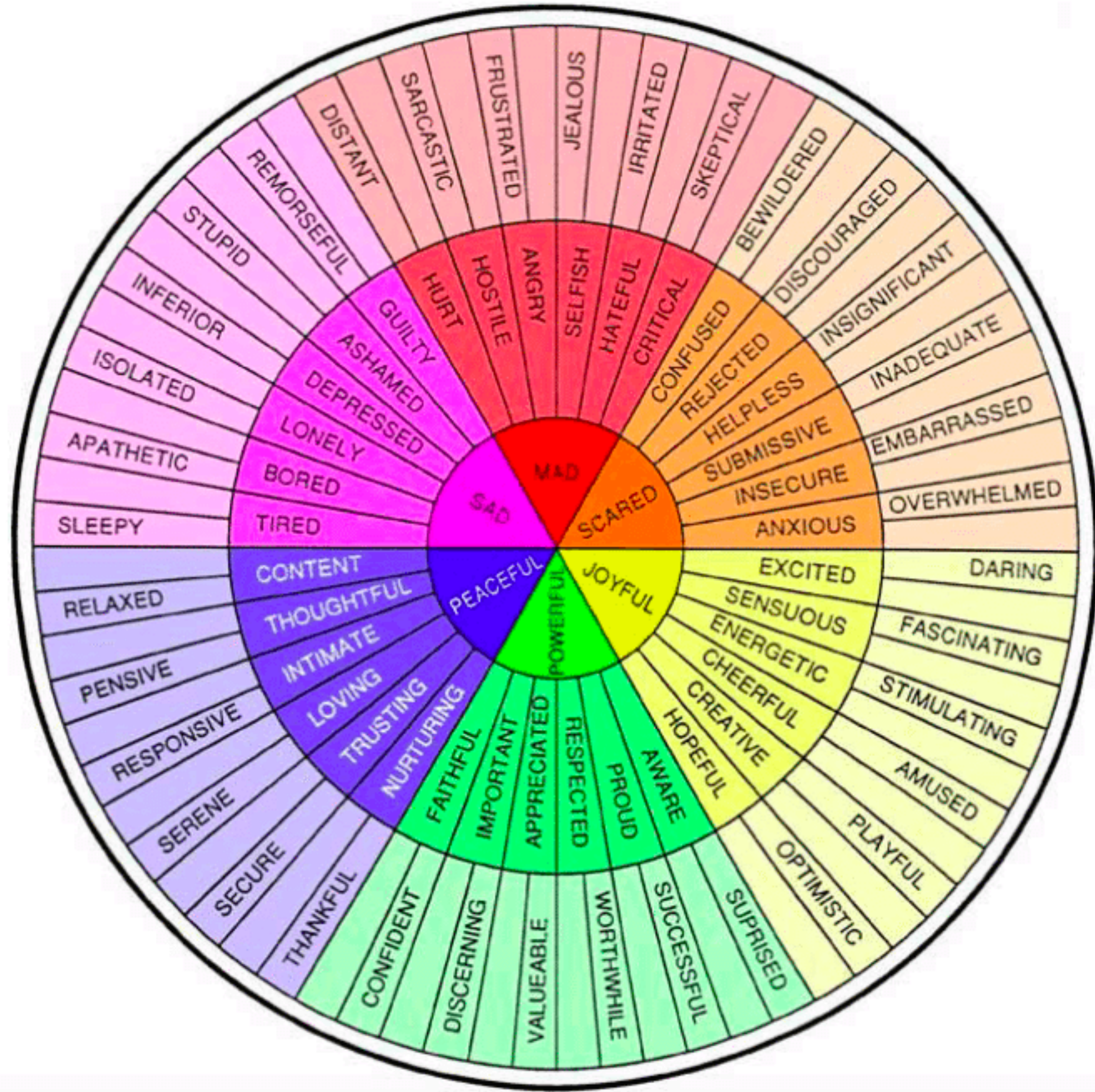
We honor our emotions by naming our emotions.

We honor our emotions by being aware of the intensity of our emotions.

We honor our emotions by presenting our emotions to God.

We honor our emotions by owning (being responsible for) our emotions.





Heart and Emotions - Shame

Shame is defined as *the intensely painful feeling or experience of believing we are flawed and therefore unworthy of love and belonging.*

Shame makes you hide.

Shame lives in darkness.

Shame has a voice.

Shame gets you stuck.



Heart and Emotions - Shame

Antidote for shame #1: courage.

Antidote for shame #2: compassion.

Antidote for shame #3: connection.

The power of vulnerability.



Heart and Emotions - Shame

"Choosing authenticity means: Cultivating the Courage to be emotionally honest, to set boundaries, and to allow ourselves to be vulnerable; exercising Compassion that comes from knowing that we are all made of strength and struggle and connected to each other through a loving and resilient human spirit; nurturing the Connection and sense of belonging that can only happen when we let go of what we are supposed to be and embrace who we are."

- Brené Brown



Heart and Emotions - Anxiety

Anxiety is an intense emotional reaction to the perception of a threat. It can be acute (real, immediate threat) or chronic (perceived, possible threat).

Anxiety is not good or bad, it simply is. It's part of life.

Anxiety is contagious.

Anxiety is cumulative.

Anxiety can have a deep impact in your behavior.



Heart and Emotions - Anxiety

Anxiety in the brain. Who is in control, your thinking self or your (emotionally) reactive self? Response vs. reaction. Learning to manage anxiety vs. learning to manage you in the midst of anxiety.

Start by becoming aware of your anxiety (see it / notice it in your body, emotions, thoughts, and behaviors).



Heart and Emotions - Anxiety

Notice your anxiety.

Pause.

Consider.

Respond.



Conversation



A Prayer for Serenity

*God, Grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.*

*Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.*



– Reinhold Niebuhr



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Journaling

At this time, Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. The moment he came out of the water, he saw the sky split open and God's Spirit, looking like a dove, come down on him. Along with the Spirit, a voice: "You are my Son, chosen and marked by my love, pride of my life."

- Mark 1:9-11 MSG



Journaling

We mostly spend [our] lives conjugating three verbs: to Want, to Have, and to Do. Craving, clutching, and fussing, on the material, political, social, emotional, intellectual—even on the religious—plane, we are kept in perpetual unrest: forgetting that none of these verbs have any ultimate significance, except so far as they are transcended by and included in, the fundamental verb, to Be: and that Being, not wanting, having and doing, is the essence of a spiritual life.

- Evelyn Underhill



Journaling

*Christ has no body now, but yours.
No hands, no feet on earth, but yours.
Yours are the eyes through which
Christ looks compassion into the world.
Yours are the feet
with which Christ walks to do good.
Yours are the hands
with which Christ blesses the world.
- Teresa of Avila*



Journaling

Like Jonah in the belly of the sea monster, we are led where we do not want to go—not once, but many times in our lives. Dwelling in unsettling liminal space, whether we are pushed or we jump, we are led to draw on resources and possibilities we may not have tapped before. In the unknown space between here and there, younger and older, past and future, life happens. And, if we attend, we can feel the Holy Spirit moving with us in a way that we may not be aware of in more settled times.

- Sheryl Fullerton



*He sent from on high, he took me;
he drew me out of many waters.
He rescued me from my strong enemy
and from those who hated me,
for they were too mighty for me.
They confronted me in the day of my calamity,
but the Lord was my support.
He brought me out into a broad place;
he rescued me, because he delighted in me.*

Psalm 18:16-19 ESV

