

Section 3

An Outline for Learning

Six Exercises, “Lessons,” for learning together:

Exercise One

STOPPING: A SHIFT IN ATTENTION

Where has life, God, brought you to an awareness of something greater than yourself? Where have you been loved, surprised by joy?
How have you stopped to pay attention, recognize God?

Exercise Two

LOOKING: AN OPEN MIND

What went on throughout the day?
What are the gifts you received? What are you not grateful for?
Can you give thanks, ask for help?

Exercise Three

LISTENING: AN OPEN HEART

Can you listen with your heart as well as your mind?
Can you dialogue with others, scripture, your body?
Can you read scripture with your heart, inspired by the Spirit?
How does God speak, touch your heart, soul, mind, and strength?

Exercise Four

RECEIVING: OPEN HEART AND WILL

Where and how do you receive deeper love? Where do you not?
How do you receive forgiveness and healing? Forgive others?
Where does God invite you to a change of heart?

Exercise Five

DECIDING: LET GO, LET COME, ACT

Where does Christ invite you to let go of your control?
How can the Spirit teach you, lead you to the next step as you let come?
Where are you invited to be a part of profound change with others in the community?

Exercise Six

CONTINUING THE PROCESS

How can you continue to take, receive, and give? Who will support you and hold you accountable, ask questions, give you feedback?
How can you know God in, among, beyond us, and in the pain in the world?
What helps you to wake up, live more abundantly?