

IN YOUR GROUP, SELECT ONE OR TWO ATTACHMENTS

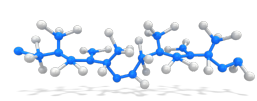
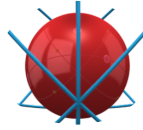
(they do not have to be 'yours')

IDENTIFY

attach

fear

believe

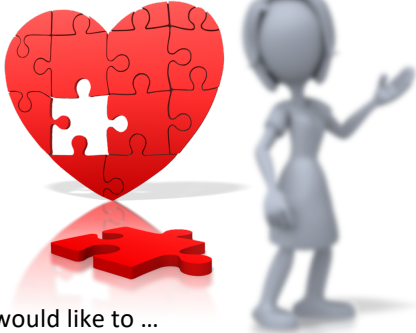


PERHAPS START WITH A DESIRE

I am attached to...

I am afraid that...?

I believe that...



Ideas:

I would like to ...

Volunteer to help hospice

Call my family member

Ask for forgiveness

Teach faith formation

Work less hours

Wake up 15 minutes early to read the daily Gospel

Merge my interests (say hunting or fishing) with a spiritual growth event (like a Bishop's Hunt, or the Sioux Falls based Catholic men initiative, Grit Quest).

I am attached to ...	
I am afraid that ...	
I believe that ...	



IN YOUR GROUP, SELECT A GOSPEL EVENT.



Satan tempts Jesus in Desert
(Matt 4:1-11)

A

Peter's denial of Jesus
(John 18:25-27)



B

Pharisees who won't believe blind man is healed (John 9:1-41)

We know that God has spoken to Moses, but as for this man (Jesus) . . . We do not know where he came from." v.29



C



D

Rich Young Man (Matt 19:16-26)

Jesus said to him, "You still lack one thing. Sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me."

Jesus sends out the 12 with "nothing" (Luke 9:3)



"Take nothing for the journey-
-no staff, no bag, no bread,
no money, no extra shirt."

E



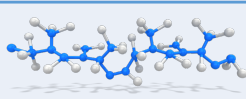
Samaritan woman at the well
(John 4:4-30)



"Our ancestors worshiped on this mountain, but you Jews say ... people must worship in Jerusalem." v.20

F

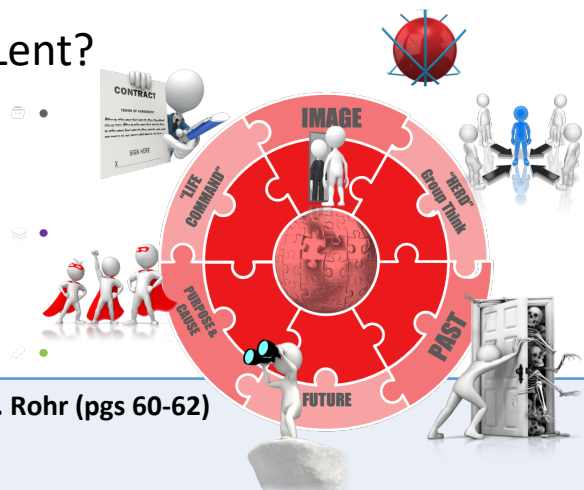
IDENTIFY "ATTACHMENT" AND "FEAR" AND "BELIEF" THAT IS BEHIND THE SCENES.

<p>___ is/are attached to ...</p> 	
<p>___ is/are afraid that ...</p> 	
<p>___ believe(s) that ...</p> 	

Want to Host a Group Discussion over Lent?



Front page: Suggestions
Back page: Explanations



<p>Open with Prayer</p> <p>Each person takes one line. Go around the "table" until it is finished.</p>	<p>Suggestion from <i>Everything Belongs</i> by R. Rohr (pgs 60-62)</p> <p>Be still and know that I am God. Be still and know that I am. Be still and know. Be still. Be.</p>
<p>Check-In</p>	<p>Just a quick, "around the table" to see if anyone has a particular Cross they are carrying of which the group should be made aware. All may share Lenten progress later on.</p>
<p>Shadows in Scripture:</p> <p>Identify attachment, fears / beliefs in a certain scripture event.</p>	<p>Suggestions:</p> <ul style="list-style-type: none"> • Satan tempts Jesus in Desert (Matt 4:1-11) • Peter's denial of Jesus (John 18:25-27) • Pharisees who won't believe blind man is healed (John 9:1-41) • Rich Young Man (Matt 19:16-26) • Samaritan woman at the well (John 4:4-30) • Jesus sends out the 12 with "nothing" (Luke 9:3)
<p>Sleuth out at the trail how the shadow-self projected itself.</p>	<p>Recall the "Wheel" with Image, Herd / Group Think / or Life Commands. Sometimes we can trace a path of how we got to attaching to a particular thing, event, person. It may have multiple reasons. For example, if you hear, "Growing up we always ...(Life Command), or "I am a people pleaser..." (Herd) or "I don't foresee myself" (Future).</p>
<p>Share about Lenten Journey</p>	<p>Shadow-boxing? Have you identified any "dreams"/aspirations that attachments/ fears /constricting beliefs have blocked? For example, "I was asked to volunteer as a coach with Special Olympics, but I always said "no." I reasoned that I don't have patience when I have to teach something. I learned from these wonderful athletes that my image of myself as an impatient person had more to do with a disagreement with myself, than with others. I was attached to ____, afraid of ____, and believed that I ____."</p>
<p>-- OR -- Take a look at specific "collective" or "cultural" attachment, and see if you can become aware of its influence</p>	<p>• Suggestions:</p> <ul style="list-style-type: none"> • Mass as a transaction / Consumer "spirituality" – "What am I getting out of Mass?" • Sports: From youth sports to professional – are we attached? • Surplus Food: Do we eat too much? Do we throw away food? Why do we eat? How do we eat? On the go? At a table? • Social media: What are we producing? What are we consuming? • Worry about ____: Chronic anxiety about a specific thing? Health? Kids? Finances?

Open with Prayer	<i>This can be whatever you choose it to be. It might be nice to ask everyone to contribute one thing they are thankful for. Gratitude always kick-starts spiritual growth.</i>
Check-In	<i>You can use this “check-in” to allow everyone to give an update on how “Lent is going,” but I would suggest delaying that a bit. That’s not an easy thing to assess right away. I would say that “check-in” is just to make sure if there is something you would like to share that is weighing upon you (“my mother died on this day last year; I just learned my sister has cancer, etc.).</i>
Shadows in Scripture: Identify attachment, fears / beliefs in a certain scripture event.	<p>I have suggested some, but you may pick any scripture event you want. Perhaps, one person will volunteer to take “next week’s scripture reading.”</p> <p>Read the scripture passages together as a group. You may want to start with these questions in mind.</p> <p>What is the person(s) in this event attached to? What do they value? How do they see that world through that attachment?</p> <p>Is there fear?</p> <p>Has the person(s) constructed a system of beliefs based on this attachment? Is this system of beliefs presenting an obstacle to Jesus’ message, mercy, or desire to integrate and transform?</p>
Sleuth out at the trail how the shadow-self projected itself.	This is where you may want to track the specific influence of the attachments, fears, and beliefs through a specific venue: Image, Herd Acceptance, Past memories, Future worries or dreams, Seeing only the problem and not the bigger picture, or a Life command (a bit of “guidance” that is never questioned and applied all the time).
Share about Lenten Journey	Here’s where each person can share their personal insights or growth.
-- OR – Take a look at specific “collective” attachment, and see if you can become aware of its influence	<p>Suggestions:</p> <p>If the group does not want to engage in sharing about personal growth, or would like to defer that until another time, then a suggestion would be to take a look at an attachment that has influenced us collectively, or culturally.</p> <p>I give examples on the front page, but to further explain let’s take the example of the popularity of shows where people get “voted off the island” or “judged on their performance in the kitchen or singing.”</p> <p>Many of us are attached to watching these types of shows. Is there a problem with that?</p> <p>Somebody has to win. Somebody has to lose. Who wants to watch a show where people compromise, or work together to find a common solution, or respect each other’s ideas?</p> <p>Can we apply the attach / fear / believe analysis to the show? Can we apply the attach / fear/ believe analysis to consumers of the show?</p>