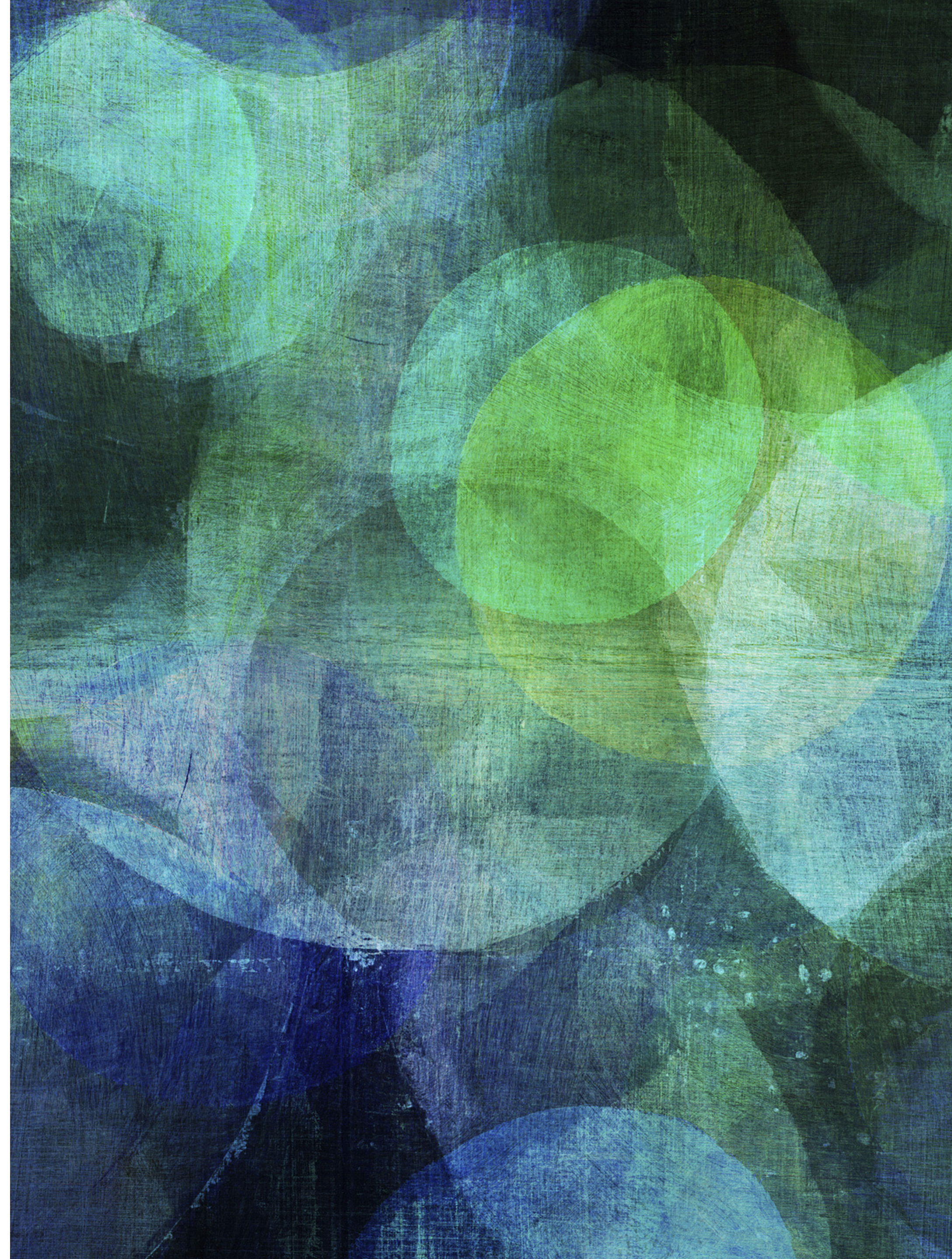


FOLLOWING JESUS TO A NEW COUNTER-CULTURAL POST-PANDEMIC NORMAL

*Wisdom School Workshop for
St. Mark's Cathedral, Seattle
2022*



WHAT IS FEEDING YOUR SOUL RIGHT NOW?



Jesus asks anew: what do you need to leave behind to follow faithfully?

What do you need to give up to follow faithfully?

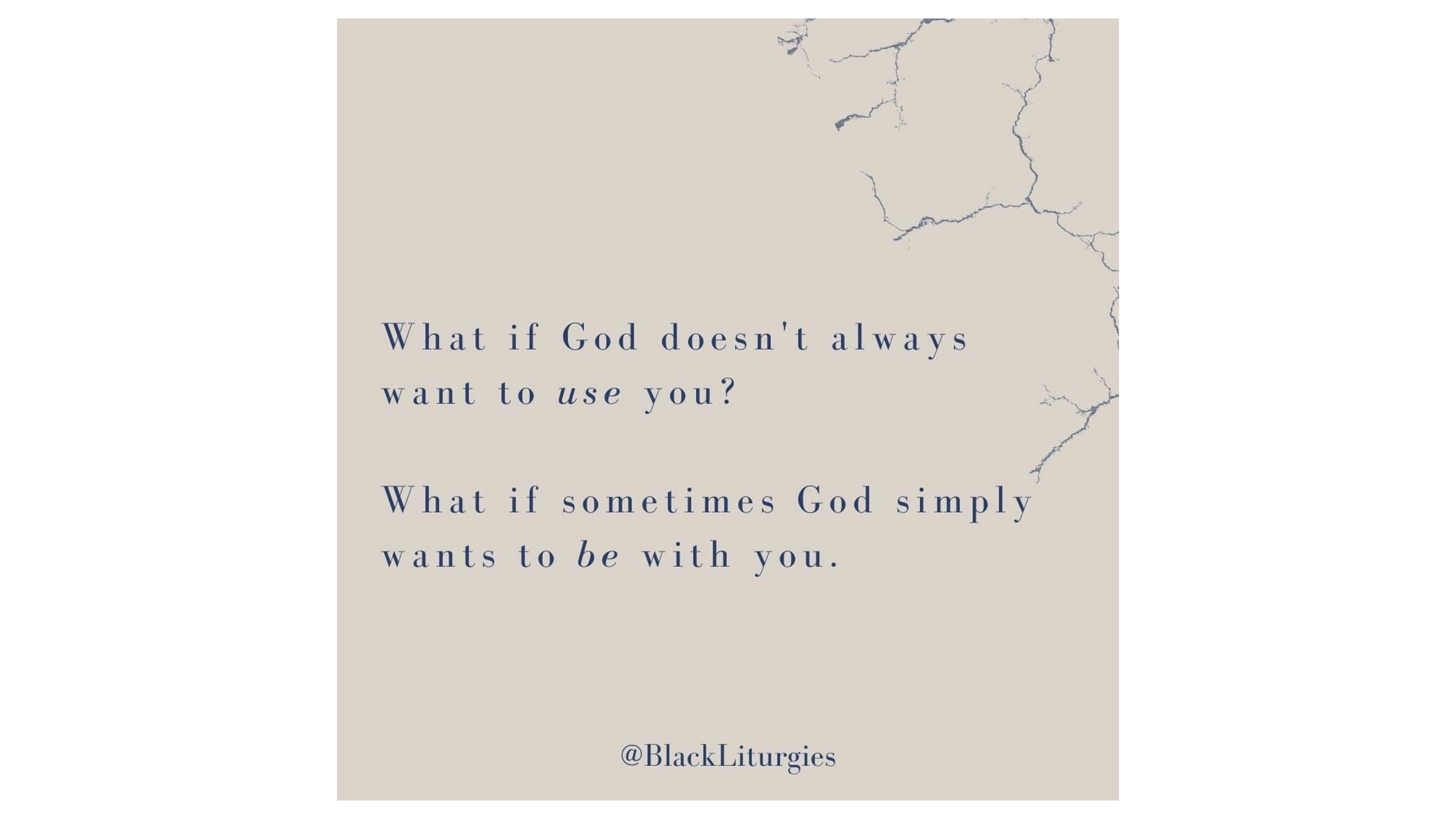
What do you need to share more of to follow faithfully?

What do you need to read and understand to follow faithfully?

God of presence,

We confess that our idols of utility and productivity have led us to believe that a life with you is much more about "being used" than it is about "being with". Give us the courage to rest. The courage to walk away from our labor and truly leave it, that it wouldn't cling to us demanding more of our souls than it ever should. Help us to remember both the goodness of a calling that includes work and the peril of a calling that is exclusive to work. Have mercy on those who do not have the economic privilege of resting in the ways they were meant for. Unleash the supernatural on every moment of pause they tap into, that each blink would feel like an hour's meditation, that a deep breath would bring the healing of a night's sleep. Expand our imaginations for what it means to commune with you, learning that you delight in our being as much as our doing.

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What if God doesn't always
want to *use* you?

What if sometimes God simply
wants to *be* with you.

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INHALE:

My work does not own me.

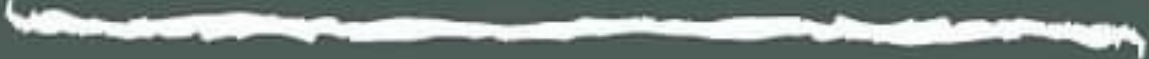
EXHALE:

God, give me the courage to rest.

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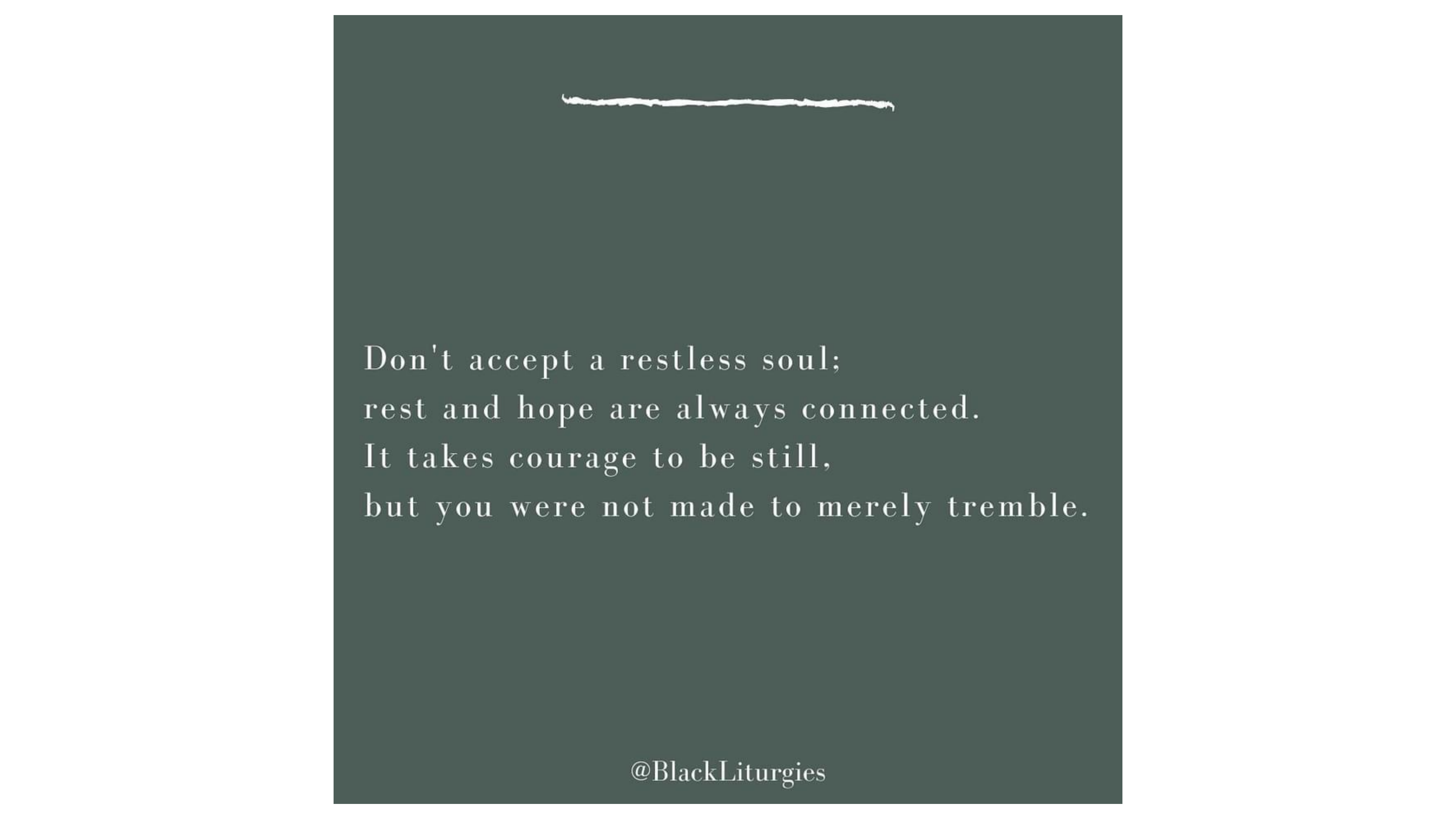
➤ Reflection Questions:

- Where do you struggle with taking time for you and God to rest, play, and restore?
- What should you start doing, stop doing, or keep doing to slow down?
- How can this community of colleagues help?



For God alone my soul rests in silence,
from whom my hope is born.

—*Psalm 62*



Don't accept a restless soul;
rest and hope are always connected.
It takes courage to be still,
but you were not made to merely tremble.

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God of Stillness,

Help us to steady our souls. The uncertainty of the world, transitions, and the pandemic have made our minds and bodies frenetic and disconnected. Grant us the courage to be still, that we would become so acquainted with silence that it would not bring anxiety but deep rest. Help us toward a habit of listening closely to our own interior worlds, believing that what stirs in us is worthy to be held and seen. As others insult and demean us or attempt to make us question our dignity, let us be people capable of traveling into ourselves, and with you let us bear witness to our hopes, fears, and stories, learning to parse out lie from truth, and find our rest in You. Our souls will quiver no more.

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INHALE:

God, help me to be still.

EXHALE:

Put my shaking soul at rest.

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PICK ONE FOR REFLECTION

- What wisdom has this pandemic time offered me?
- God is giving me permission slips to...
- I'm not sure, but I think God is calling me to...
- What I desire is less _____ in my life because...
- What I desire is more _____ in my life because...
- Hope is showing up in my life and it looks like_____.

PRIYA PARKER ASKS:

- What did you long for when we couldn't physically gather in the regular ways?
- What did you discover that you wanted to keep?
- What (gathering) needs reinvention?

“

➤ Stress + Rest = Growth

➤ Brad Stuhlberg and Steve Magness