

SIGNS OF GROWTH AND HEALING:

More observing, less judging.
More responding, less reacting.
More self-love, less self sabotage.
More boundaries, less resentments.
More inner peace, less outer chaos.
More clarity, less confusion.
More being, less doing.
More faith, less fear.

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We are not helping our children by always preventing them
from what might be “necessary falling”,
because we learn how to recover from falling by falling!
It is precisely by falling off the bike many times
that we eventually learn what the balance feels like.
The skater pushing both right and left
eventually goes where they want to go.

People who have never allowed themselves to fall
are actually off balance, while not realizing it at all.
That is why they are so hard to live with.

Please think about that for a while.

***Before the truth sets you free... it tends to make you uncomfortable –
and maybe even somewhat miserable.***

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Growing Old is Mandatory...

Growing Up is Optional ...

Chili Davis

All Saints Ballito Do not be Afraid



Lectio Divina

Lectio Divina, Latin for "Divine Reading," is an ancient Christian practice of slow, meditative, and prayerful reading of Scripture intended to promote communion with God. The invitation is to enter into a personal encounter with God and "taste" the Scripture, rather than just analyse it. It is sometimes described as "reading with the heart" being open to the "still, small voice" of God.

The practice, which often uses a four-stage process, allows the Holy Spirit to move between steps:

The Four Parts of Lectio Divina

Lectio:

Read the text for the first time... Read the text again...

Lectio consists of reading through the scripture text slowly and attentively several times. Listen for, or notice, the word or phrase that catches your attention, the one that seems to be “calling” you.

What seems most important for you...and stands out for you?

Meditatio:

Think about the text...

In meditation, look at either the whole passage, or the word or phrase that stands out for you. Allow the Holy Spirit to give you a deeper understanding or grasp of the word/s you are focusing on.

Oratio:

Speak to God about the Scripture text...

Open your heart to God by speaking to God about the phrase or word you chose. What does it mean for you today? What does God want to teach you? What is God inviting you to?

Contemplatio:

Loving focus on God.

Contemplation is a simple, loving, wordless focus on God. Remember your phrase or word. Remember what God said to you. Rest, knowing that God speaks to you. Commit yourself, with the help of God, to live the truth that he has implanted in your heart. God calls us to live out our faith actively.

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Choose a quiet space and a short, familiar passage
(like a Psalm or Gospel story).

- Read slowly, perhaps aloud, and don't rush through the steps.
- It is not about achieving a specific intellectual insight, but about being open to God's presence...



***Your Word Oh Lord,
is a lamp for my steps and a light for my path...***

Do Not be Afraid...

Grow Up

What do you want to be when you Grow Up?

Who do you want to be when you Grow Up?

Today's Gospel: Jesus with the Woman at the Well (John 4) is a beautiful example of how we are called to Grow Up, as Grown Ups...

AN ENCOUNTER WITH JESUS

A MOMENT OF GROWTH (John 4)

WHY ME?

Belligerent

Sarcastic

Evasive

Cynical

Attacking

Skeptical

Defensive

Insecurity

Vulnerability

Disbelief



Honesty

Trust

Hope

Joy

Gratitude

Enthusiasm

Acceptance

Valued

New Life

Freedom

Unhindered

***How am I called to Grow Up –
Through and With and In Jesus?***

There must be...

and, if we are honest, there always will be...
at least one situation in our lives that we cannot fix,
control, explain, change,
or even understand.

**Ask Jesus to help you Grow through this situation,
as he did for the Woman at the Well**