

Laity Engaging Laity (LEL) Reflection

<http://www.diocs.org/OurFaith/LaityEngagingLaity.aspx>

LEL Mission

"To help laity impact the culture by developing their faith more deeply and living it as strong witnesses in every area of their lives"

July 19, 2014

Arise My Beloved: A Call To Relationship With Jesus

"Arise in the Mind of Christ"

- This retreat took the June topic (Thought and Cognitive Distortions) and focused on going deeper into the Mind of Christ while also looking at spiritual distortions
- The Spiritual reflection
 - Looked at Traits of Life-Giving Friendships and how they have been addressed in the Jan-Jul LEL retreats (see handout)
 - Reviewed "Beatitudes as the Mind of Christ" (see handout) to reflect on each one and understand what a spiritual distortion looks like for each - journaled for each Beatitude
- Cognitive Distortion (see handout)
 - Reviewed how common Cognitive Distortions Weaken Relationships (see handout) - a review from June
 - Discussed how our thoughts can be examined for cognitive distortions (see handout)
 - Distortions (cognitive and spiritual) deal with extremes (can be good or bad extremes)
 - Looked at a cognitive restructuring process and how we can change our thinking and responses to improve relationships (see handout) - use stories to illustrate this process
 - We need to turn our weaknesses over to Jesus, he can use them to help us grow
- Small Group -
 - Groups discussed various cultural "sayings" (e.g., Moral law is relative; Live and let live, If it feels good, do it; You are only young once) - looked at them from two perspectives;
 - How society accepts them as true when it means...
 - How our faith tells us they are false if it means...
 - When distortions (cognitive and spiritual) are accepted by a majority in society then they become cultural distortions and impact the whole of society
 - Distortions are a narrow focus and part of what we project onto others

Additional Reading/Handouts:

- LEL Reflection - Mind of Christ, Jul 14
- LEL Agenda - Jul 14
- Traits and Spiritual Examens, Jan-Jul 14
- Beatitudes as the Mind of Christ
- Journaling Question - Jul 14
- Cognitive Restructuring Process
- Cognitive Distortions Weaken Relationships
- Examining Thoughts for Cognitive Distortions
- Small Group Reflections - Jul 14
- Closing Prayer
- Feedback Sheet - Jul 14