

## **Laity Engaging Laity (LEL) Reflection**

<http://www.dioccs.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"*

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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