

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”

June 21, 2014

Arise My Beloved: A Call To Relationship With Jesus

“Arise in Jesus’ Healing Power of Thought”

- The Spiritual reflection
 - Reviewed “Traits of Life-Giving Relationships” that were addressed from Jan-Jun, included spiritual focus for each month - see Handout
 - Beatitude Checklist: self-assessment of how well we have the Mind of Christ as expressed in the Beatitudes - see Handout
 - Small Group Healing Chant Rosary: Oh, Lord, heal my thinking and give me the mind of Christ while focusing on each individual in the group.
- Healing Power of Thought (see handout)
 - Cognitive Distortions: thought patterns that form a limited or erroneous understanding of life situations - these can negative impact relationships with God and others
 - Thoughts precede what we believe and how we act, we can choose what to think (“choose life”, Dt 30:15), hold fast to God, choose life in Jesus
 - We can only have one thought at time, chose life-giving thoughts
 - Thoughts impact relationships, bring forth feelings that limit us
 - Ten Common Cognitive Distortions - see Handout - three were addressed in more detail
 - Overgeneralization - stereotyping someone
 - Shoulding - telling (thinking) others what they “should” do, an attempt to control
 - Labeling - unfairly putting someone (or self) in a group rather than assessing real situation
 - Cognitive Reframing: putting a new perspective on a relationship or situation to give it a new meaning
 - Can then move from negative to positive thoughts and actions
 - Reframing can promote healing in relationships
 - Putting on the Mind of Christ: 1. Pray, 2. Use scripture to fill our minds, 3. Be grateful, 4. Visualize positive scenes or situations, 5. Look for Jesus’ positive perspective
- Small Group -
 - Discuss two Beatitudes (reflections of the Mind of Christ) to compare the Christian perspective on that Beatitude vs what our culture promotes, e.g., Blessed are the meek
 - Christianity: Make me an instrument of your will oh Lord
 - Culture: It’s all about me and what I want
 - Determine if the specific cultural perspective an Antithesis, Parody, Denial, or Change of Topic

Additional Reading/Handouts:

- LEL Reflection - Thought, Jun 21, 2014
- LEL Agenda - Jun 21, 2014
- Friendship Traits, Jan-Jun 14
- Beatitudes Checklist
- Journaling Question - Jun 14
- Healing Power of the Mind
- Cognitive Distortions
- Small Group Reflections
- Feedback Sheet - Jun 21, 2014