

## **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"***

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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