

## 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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Feb 15, 2014

### **Arise My Beloved: A Call To Relationship With Jesus**

**"With Jesus: Arise in Deepening Friendship"**

**NOTE:** From the feedback we received it appears there was some confusion concerning what projection is and how to use it to better know ourselves and God working in us - these notes will expand on each section of the LEL meeting with some additional connections to "Projection" and "Deepening Friendship" and projection will be touched on again in March

- Projection (also see handout, "Frequently Asked Questions")
  - It is important to know ourselves to grow in relationship with Jesus and in holiness - without knowing ourselves we will not know how Jesus is moving within us and guiding us
  - Projection is a tool that can help us know and relate authentically to ourselves, others, and Jesus
  - Signs that we are projecting (thoughts, feelings, motives, intentions, etc.) onto another person are: intense emotional and physical reactions, or exaggerated responses in ourselves with respect to another
- The Spiritual reflection experience
  - Purpose: help participants to an awareness and experience of body intensity; physical, emotional, spiritual - we experience Jesus' presence, communication and meaning through our sensations, emotions and spiritual expression - we need to be aware of, and listen to, our bodies
  - The experience: enter into a scene from Jesus' life that comes in the quiet - listen to and become aware of your bodily reaction (physical, emotional, spiritual) while in the scene - relate those feelings to your real life experiences - offer the experience to Jesus and ask for input and what you need, allow grace to come - experience the grace and compare the grace bodily experience to the previous experience
  - Being aware of, and listening to, our bodily intensity can improve relationship with God and others
    - Helps us know our triggers (intensities) and understand our reactions and the causes - we must own what is ours and not project it onto someone else or blame others
    - Look interiorly for the meaning of the triggers and what issues we may need to work on
    - Other people don't create our experiences, they can only trigger them - understanding this allows us to be interiorly present to others and God by not being filled with intensity and the temptation to place it on others
- Deepening Friendship and projection - related to "Friendship Traits" #2 and #6 (see handout)
  - Projection: "Frequently Asked Questions" handout discussed projection, examples were given during the presentation as to how to work through projections to greater self-awareness (e.g., journaling, images and symbols, etc.)
    - Gen 3:12-13 (Adam blames Eve, Eve blames the snake) - if we blame others we project our intensity onto others - we need to take it in, own it, and find the meaning of our reaction
    - By going inward to explore our intensities we understand ourselves better and relate to others without projecting (accept others in truth, improve relationships), we can be more present to Jesus

- Knowing and being known, #6 (the closer we grow to Jesus and others the more transparent we become)
  - When we notice our intense or extreme reactions to people or life situations, we are invited to explore what is being triggered in us, to ask Jesus for courage to know the diverse and conflicting parts of our authentic selves - our goal is not to overcome projection but to recognize it as a tool - as we come to know disparate parts of ourselves, we come to know the one who said, "I know my sheep, and my sheep know me." (Jn. 10:14)
- Separateness and oneness, #2 (explained in "Stages of Deepening Relationship" handout)
  - The human body has separate parts, each contributing to the whole (1 Cor. 12) - our personalities also have separate parts which may war against each other until we recognize and embrace them as members of one family (a single person)
- Small Group
  - Reflection/discussion: Why would Jesus say you are a friend of his? How are you a friend to Jesus?
    - Reflect on the traits of a good friendship for each of us and how those traits relate to our relationship with Jesus - are we "projecting" in some way onto Jesus?
- Deepening Friendship Integration
  - The Prodigal Son story (Luke 15: 11-31) is an illustration of deepening relationships - two sons appear very different, yet they are of one family - the intense anger of the older son and his judgment of the "speck in his brother's eye" (Mt. 7:3), are hallmarks of projection - the father is the unifying personality, who invites the sons home to a more authentic relationship with him and with one another
  - Exercise: Allow a person to come to mind whom you have intense feelings about, good or bad - see Jesus embracing them - write their name on a piece of paper, place it in the hands of Jesus
    - When we notice intensity or reactivity, signs of projection, we place the person or situation in Jesus' hands; we surrender our judgments and we ask (Mt. 7:7) for help; we turn our lives and relationships over to Jesus' loving hands - "Into your hands I commend my spirit." Psalm 31:5
- Summary
  - Projecting our feelings, emotions, etc. onto others hurts our relationships - we don't know how others feel, we project our intense feelings on them rather than trying to understand their real feelings
  - Projection leads to misunderstanding and cuts off discussion about how another really feels, a discussion which could build a deeper friendship and relationship - projection does not foster openness, knowing ourselves or another, or oneness
  - Working interiorly on our intense feelings, emotions, etc. (rather than projecting them on others) puts us in the presence of Jesus and builds relationship with him

#### Additional Reading/Handouts:

- LEL Reflection - Arise in Deepening Friendship, Feb 15, 2014
- LEL Agenda - Feb 15, 2014
- Projection - FAQ
- Prodigal Son - Luke 15
- Deepening Relationship Stages
- Projection Bible Verses
- Friendship Traits
- Feedback Sheet - Feb 15, 2014