

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"

Mar 15, 2014

Arise My Beloved: A Call To Relationship With Jesus

"With Jesus: Arise in Forgiveness"

- **Projection** (also see handout, "Projection and Friendship")
 - Short Q&A time based on the handout to ensure "projection" was understood
 - Projecting on others keeps us from loving, maintains a gap in the relationship
- **The Spiritual reflection** - "Updated" Prodigal Son story - reflection and journaling
 - Explored projection from the culture and between the brothers and how we may have been influenced by culture and other's projections on us
 - Explored forgiveness - ability to accept and give it
- **Forgiveness** (see handout, "Forgiveness and Deepening Relationships")
 - **What forgiveness is** - A decision to let go of resentment and thoughts of revenge - the consequences of the act that hurt or offended may remain but we don't deny the other person's responsibility or minimize/justify the wrong, we can forgive without excusing the act - forgiveness is a choice of the will, a decision we make, a process of transformation - a sign of forgiveness is compassion for the person being forgiven
 - **How forgiveness helps deepen relationship**
 - Lessens hurts and depression, reduces hostility
 - Increases understanding and empathy toward the other person
 - Brings peace and teaches life-lessons
 - Lowers risk of substance abuse
 - **How to forgive**
 - Prayer
 - Name and own what happened
 - Identify and grieve the loss
 - Seek resolution
- **Small Group**
 - Tied the topics of friendship, knowing ourselves, and forgiveness to Scripture (Jan-Mar LEL topics)
 - Reflected on projection and forgiveness on our own lives - shared in large group

Additional Reading/Handouts:

- LEL Reflection - Arise in Forgiveness, Mar 15, 2014
- LEL Agenda - Mar 15, 2014
- Journaling Questions
- Projection and Friendship
- Forgiveness and Deepening Relationships
- Using Psychology for Spiritual Growth
- Friendship Traits
- Feedback Sheet - Mar 15, 2014