



## PARTICIPANT JOURNAL

### LESSON 6 | WHO ARE WE? | SEE AS JESUS SEES

The hour of the crucifixion brings with it the single greatest example of empathy and restorative connection to other humans. Jesus' response, "Father, forgive them for they know not what they do...", assures us that the work required for healthy relationships with each other is of critical importance as those living into God's mission for redeeming the world back to Him. It's not a way for us to participate with God, it's the way that we are wired for participating with Him. In this final lesson of the Wired for Connection series we'll be reminded of our charge as Christ's body as we learn how Jesus "saw beneath" in the lives of those around Him in His darkest hour. We'll join Him in the truth of His resurrection, as we're invited to consider if forgiveness and reconciliation is even possible without empathy?

### EMPATHY = THE PRACTICE OF SEEING BENEATH

1. Wearing the other's shoes
2. Staying curious; rather than "judgy"
3. Noticing and naming emotion
4. Feeling *with* people

### TRIAD EMPATHY EXPERIMENT

*Round One : Each person will fill one of the following roles...*

Speaker: Share a recent situation that has been hard for you.

Listener: Respond to the speaker using empathic responses (examples on screen).

Observer: Notice what it is like for you to witness this interaction.

**Discuss together your experiences of this first round.**

*Round two: persons switch roles*

Speaker: Share a recent situation that has been hard for you.

Listener: Respond to the speaker using sympathetic responses (examples on screen).

Observer: Notice what it is like for you to witness this interaction.

**Discuss together your experiences of this second round.**

## JOURNAL

Allow some space to take in God's deep delight in you, and reflect on what parts of you need to be seen and healed by God.

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## GROUP SHARING

Take this time to share whichever part of your journal reflections you'd like to with your group.

In this lesson, we talked about our 'window of tolerance.' This window is really our ability, through the Spirit, to feel and honor and tolerate pain....all the way through, like Jesus did. Whatever we cannot tolerate (feel & share), comes out sideways as we inflict the pain onto others. In fact, we get stuck in resentment, aggression, isolation, and fear unless we learn how to honor pain, loss, and forgive ourselves and others. Jesus showed us that the only way to abundant life...to resurrection, is through the pain. Our society does everything it can to numb pain....we see this in addictions, technology, power, and fame. God, in Christ, gives us new 'tapes' about who God is and who we are that help us to connect to one another and to God, making the pain tolerable and leading to new life and healing. Talk about ways you 'numb' pain and what kinds of pain are hard to honor. Talk about what the triad and group experience has meant to you.

*"Father forgive them...for they know not what they do."*

Share about your practice of 'Seeing Beneath' this past week. Did it help move you into more compassion and mercy for yourself and others? If so, how?

## DAILY PRACTICE FOR WEEK SIX : INCARNATIONAL PRAYER

Throughout this journey, we have emphasized that our life with God cannot be separated from our life with others. May this prayer be a 'means of grace' for you as you come to the Table and share in the life of God. God is with you and for you.

*"Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours."*

— Teresa of Avila

## BENEDICTION

*Now go in the knowledge and experience of God's Goodness, and God's deep delight for you.*