Creator of all,
you who made us, and loves us,
and all that you have made.
By the power of your Holy Spirit,
strengthen us to bear witness
to the good news of your son,
Jesus Christ, with hope, peace,
love, and joy. Amen.



Opening Prayer

The Story of
the People
of God
ORDINARY TIME
JUN. JUL. AUG. SEP. OCT. NOV.

THE GOOD/BEAUTIFUL YOU

You Have a ***Soul*** and a ***Sacred Body***

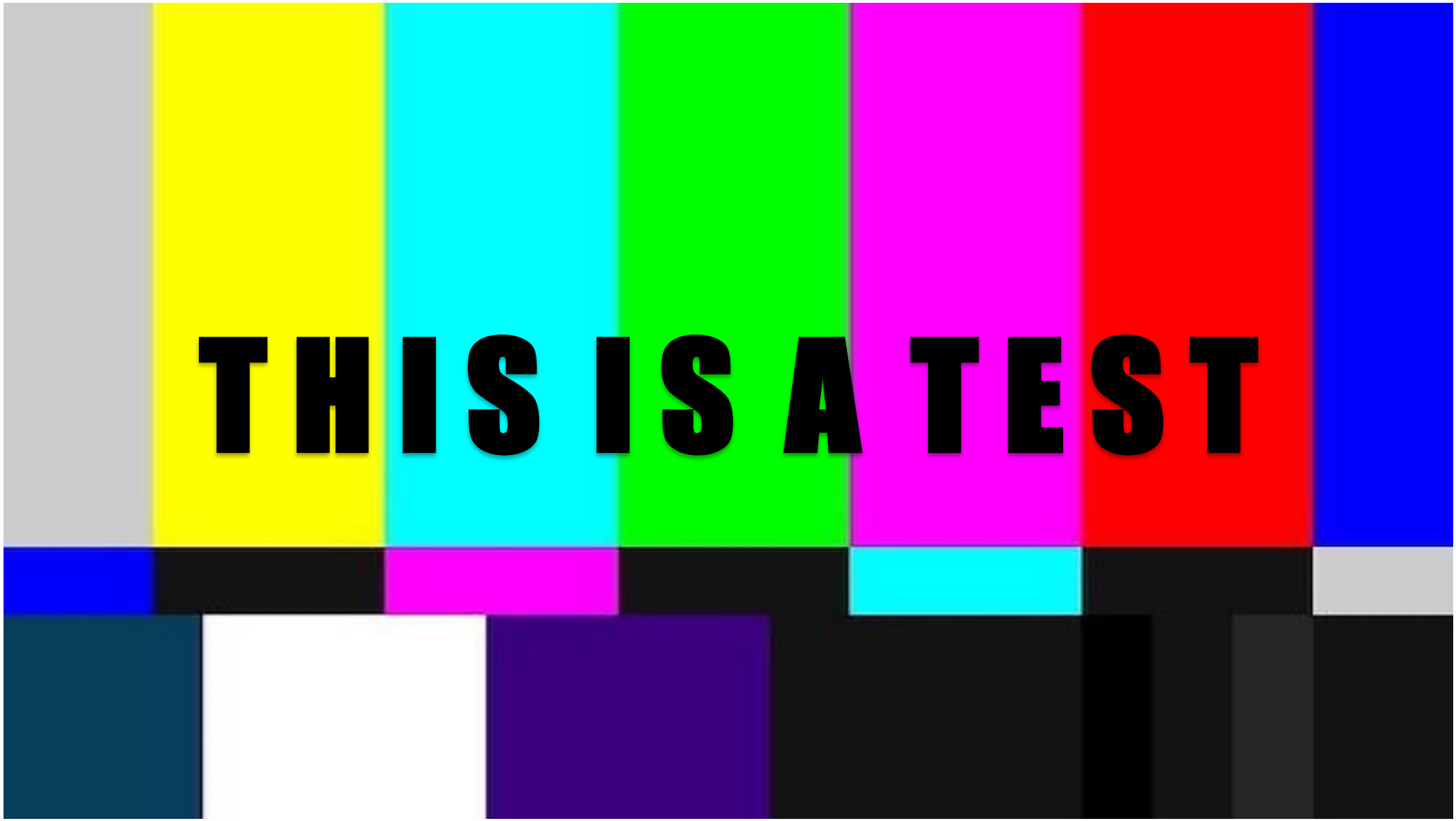
You Are ***Desired*** and ***Loved***

You Are ***Made for God***

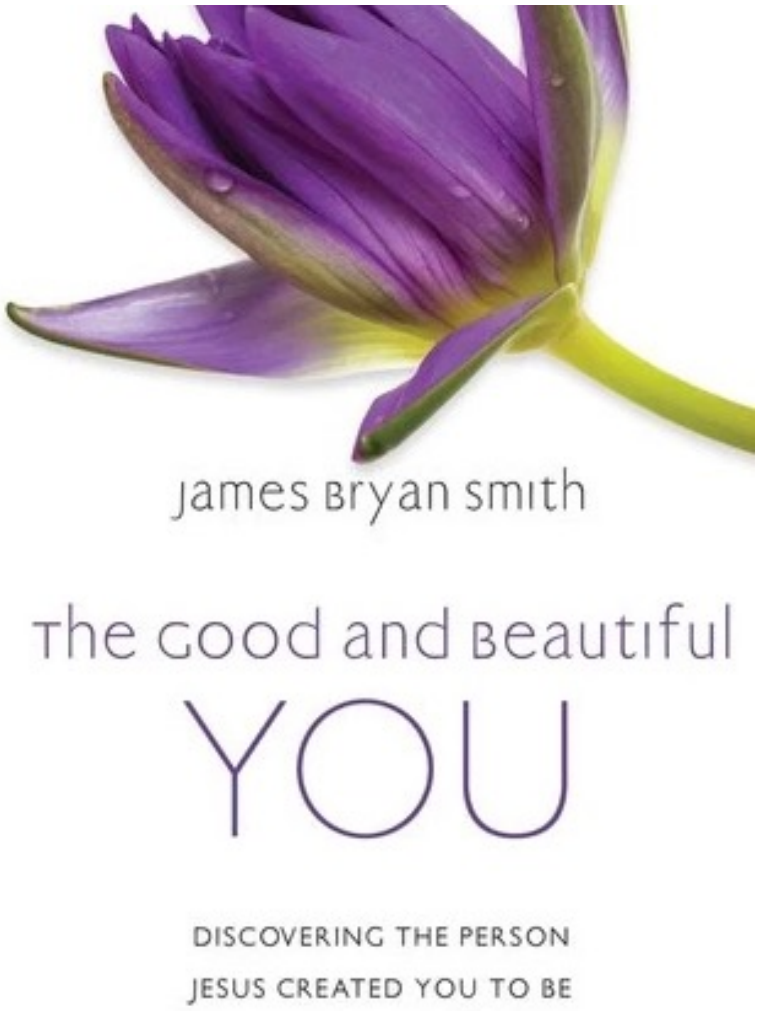
You Are ***Forgiven,*** Have Been
Made ***Alive,*** and Are ***Holy***

You Have a ***Sacred Story,***
You Are ***Called,*** and
You Will Be ***Glorified***

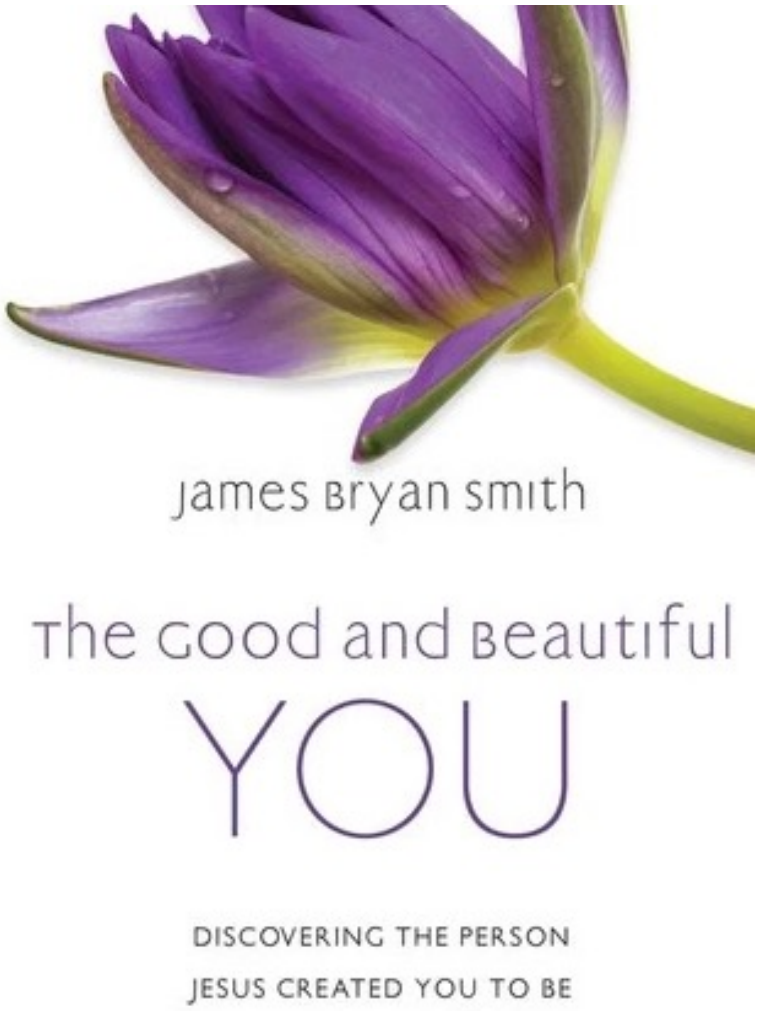



THIS IS A TEST

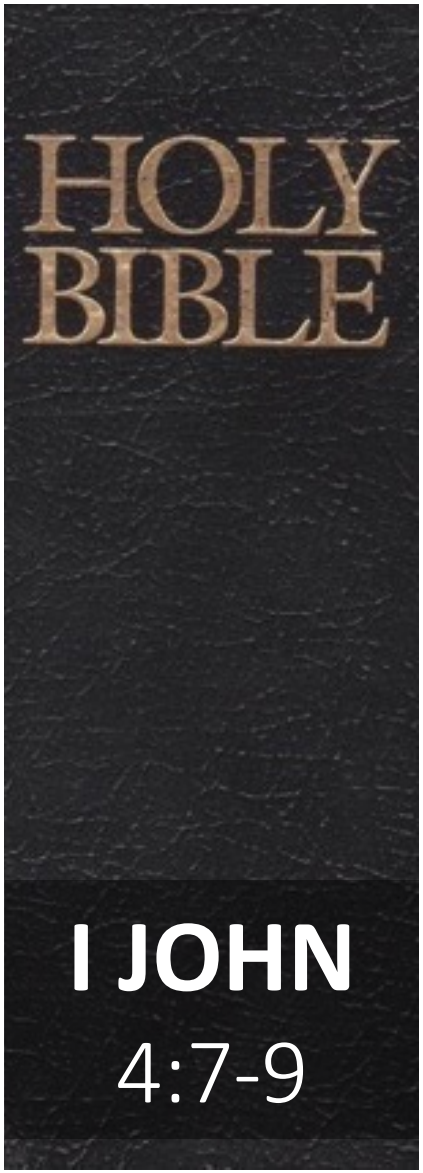
I am fully loved by God as I am.
Nothing I can do can make
God love me less.
Nothing I can do can make
God love me more than
God already loves me.



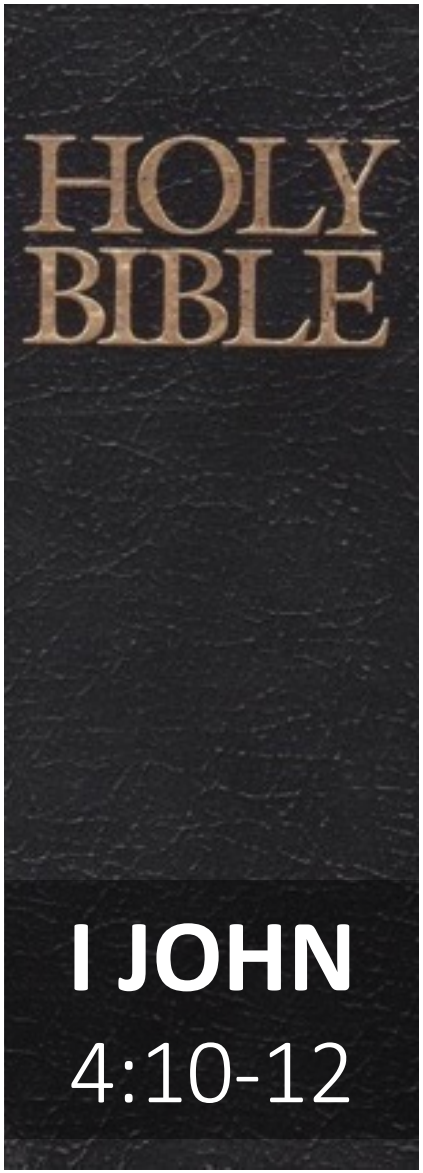
God loves you and me.
PERIOD.



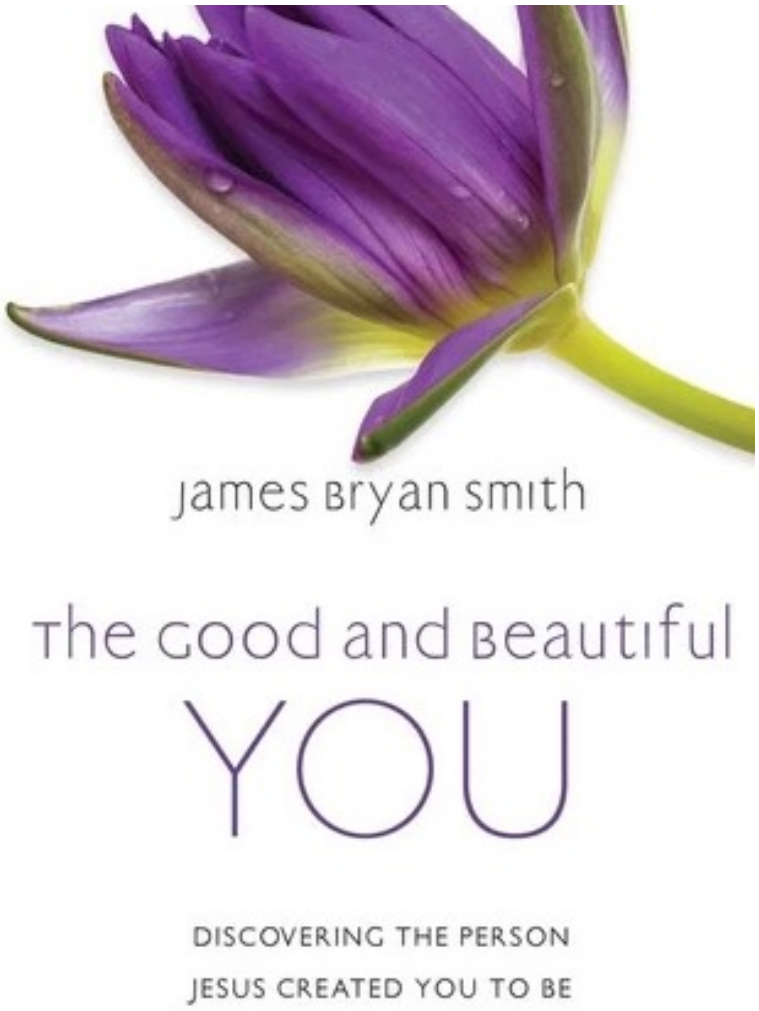
Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.



This is love: not that we loved God,
but that he loved us and sent his Son
as an atoning sacrifice for our sins.
Dear friends, since God so loved us,
we also ought to love one another.
No on has ever seen God; but if we
love one another, God lives in us
and his love is made complete in us.

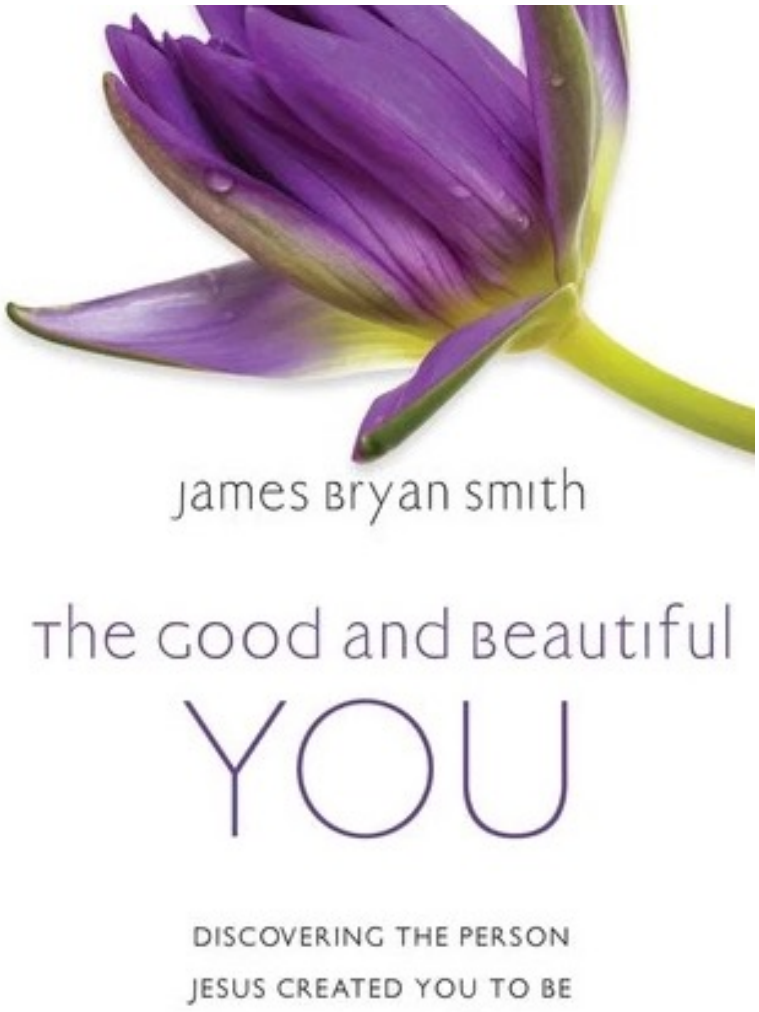


God is LOVE.


James Bryan Smith
The Good and Beautiful
YOU
DISCOVERING THE PERSON
JESUS CREATED YOU TO BE

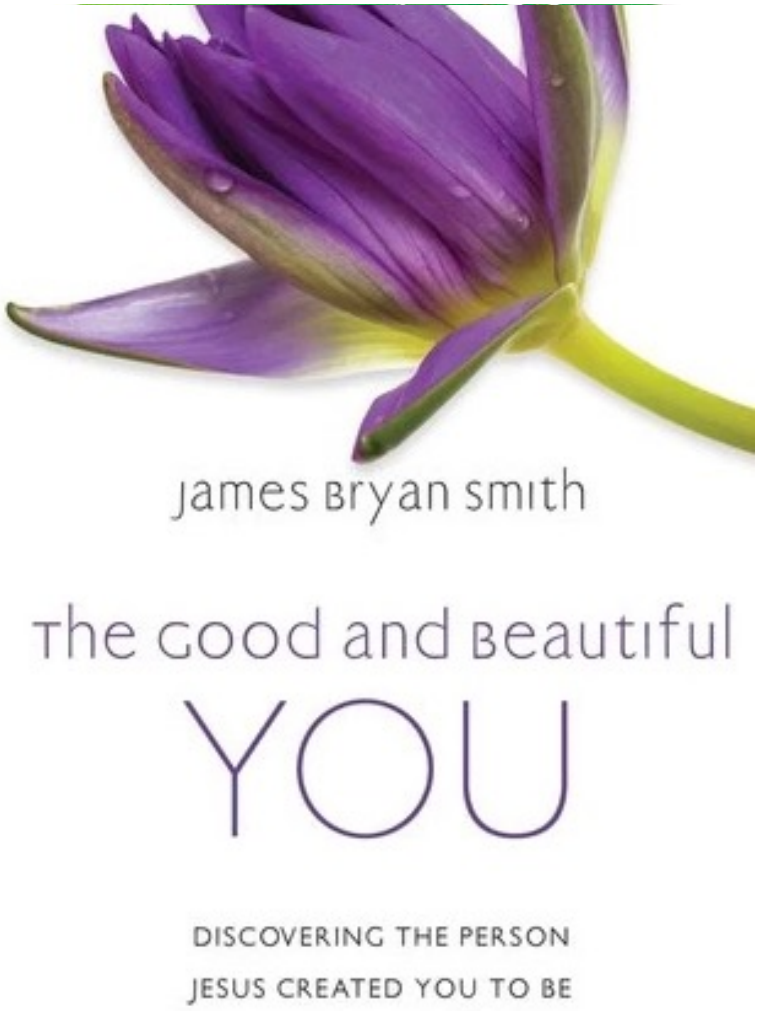
The task, the calling,
is to simply trust.
To have the audacity to believe.
To accept that we can do
nothing except to receive
God's love for us.

(It's a lot harder than it sounds.)



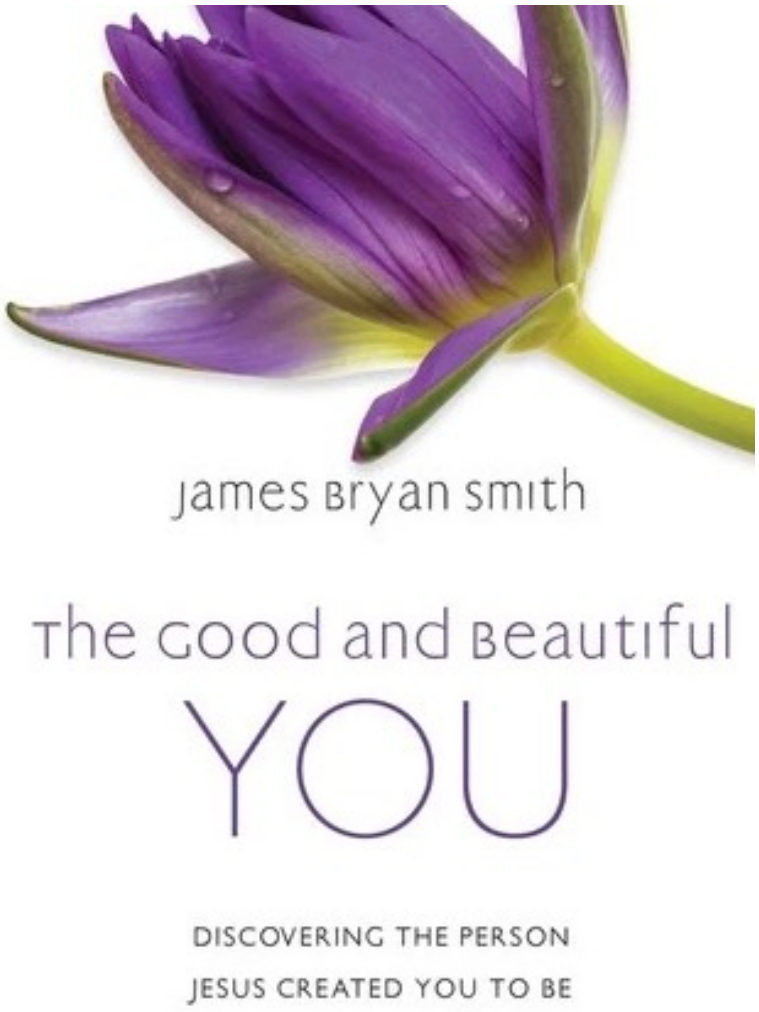
FALSE NARRATIVES

We have to prove ourselves worthy; our value is not inherent



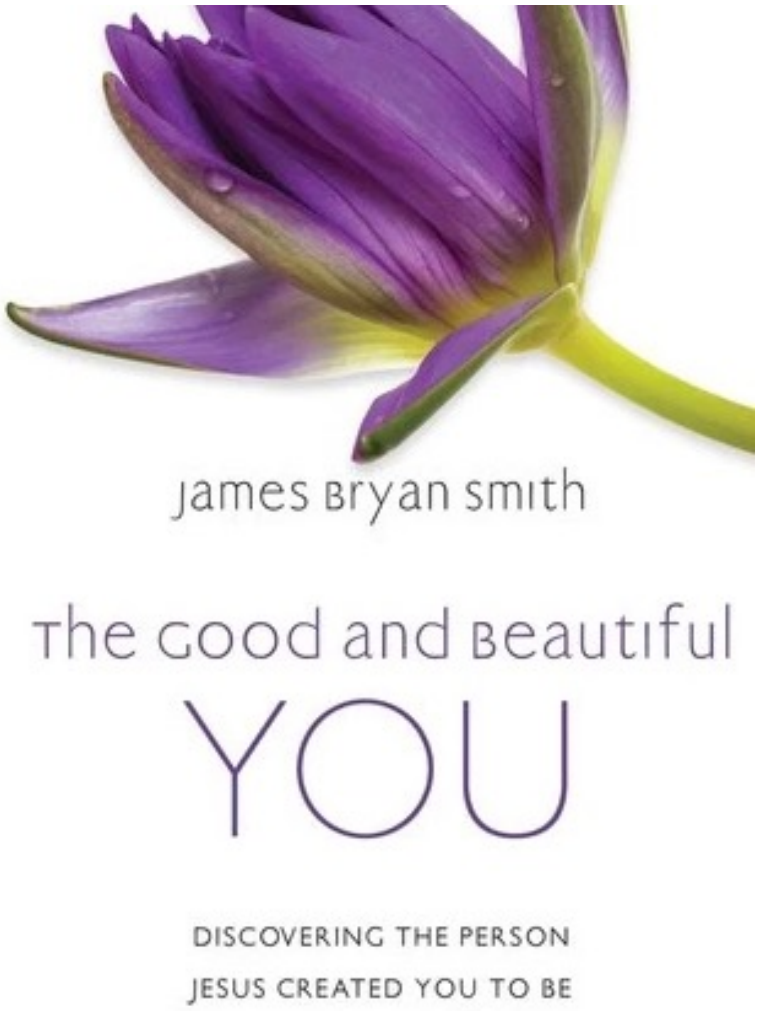
WORTHINESS GAMES

- If I get it right…
- If I can be good enough…
- I can get others to like and accept me (usually by being helpful)…
- If I accomplish enough/succeed…
- If I am special and unique…
- If I know enough/am competent…
- If I am loyal and dutiful…
- If I am upbeat and fun…



WORTHINESS GAMES

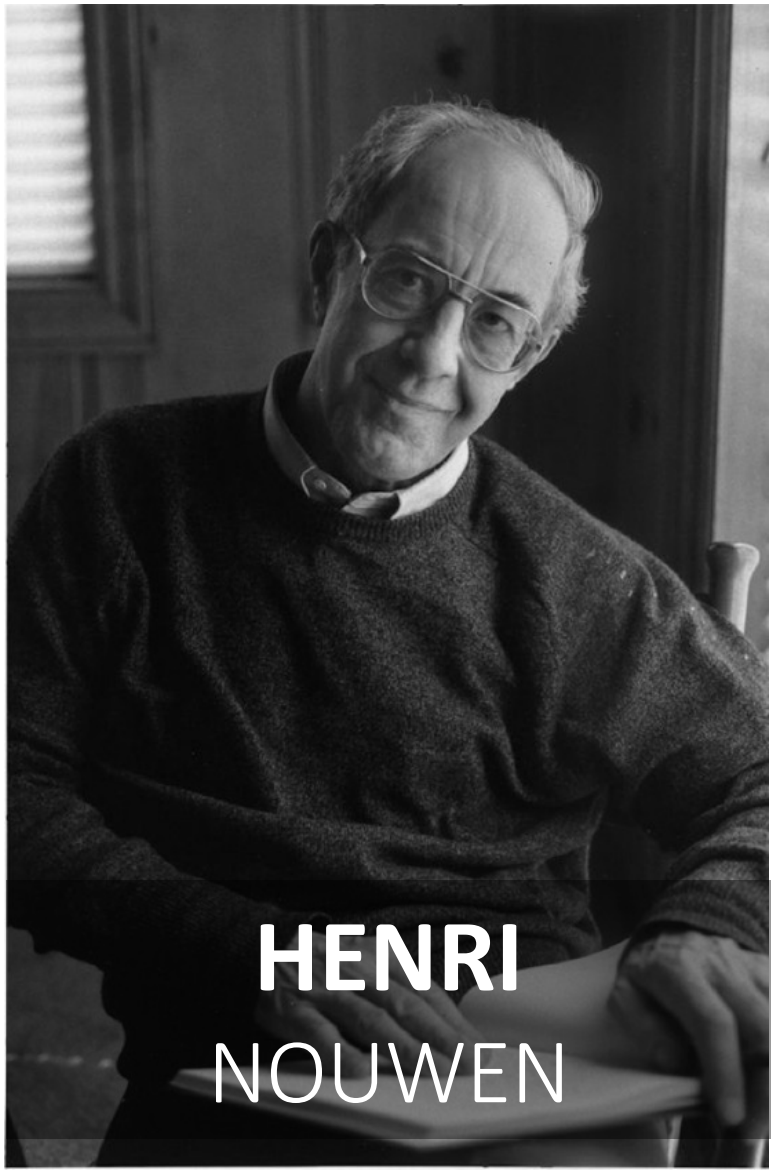
- If I am strong and in control…
- If I keep peace and don't cause conflict…



FALSE MEASURES

Our value is based on:

- What we do or accomplish
- What have or own
- What others say about us

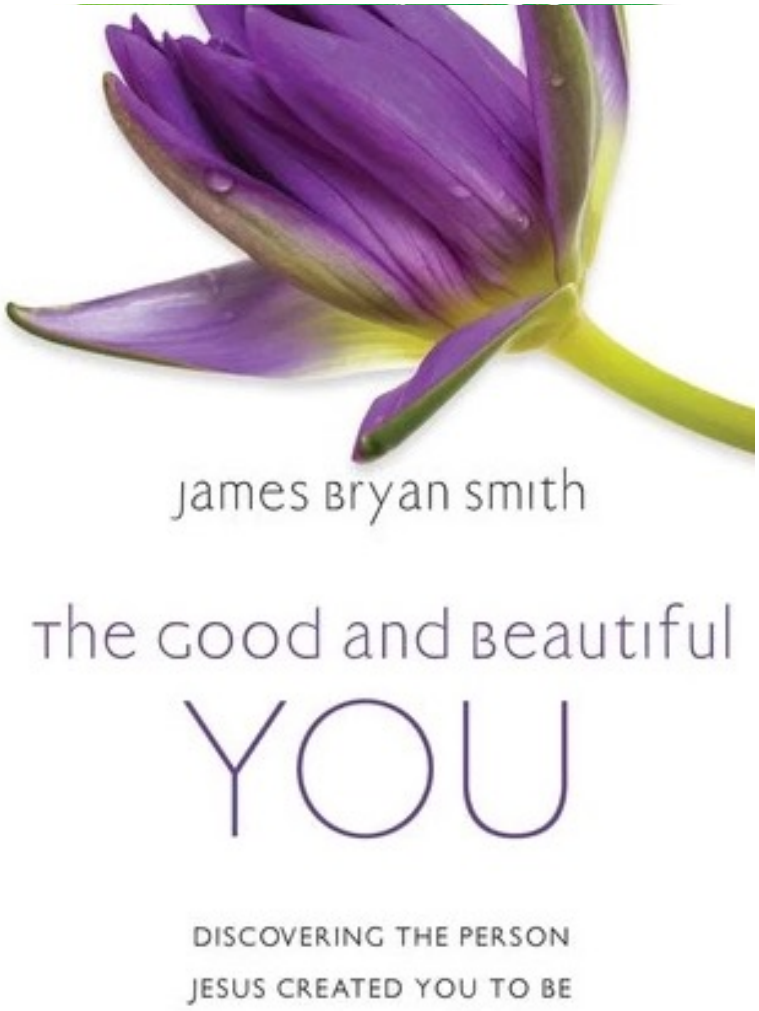


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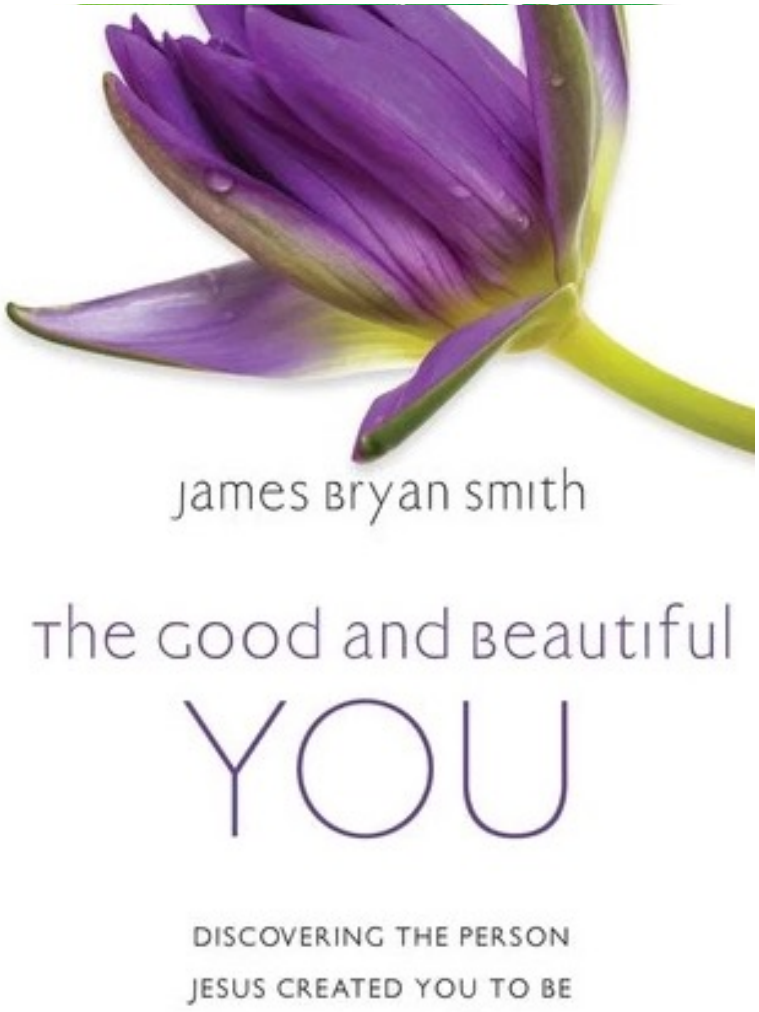
TRUE NARRATIVE

We are desired



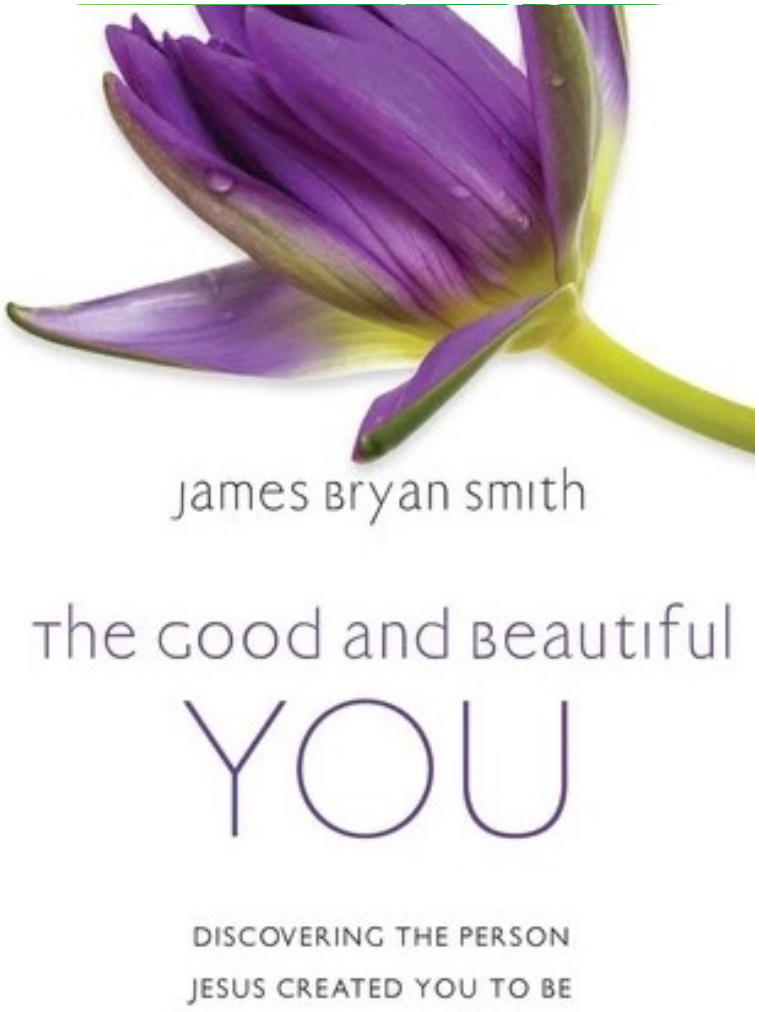
GOD'S HEART/MIND FOR US

We are DESIRED, not TOLERATED



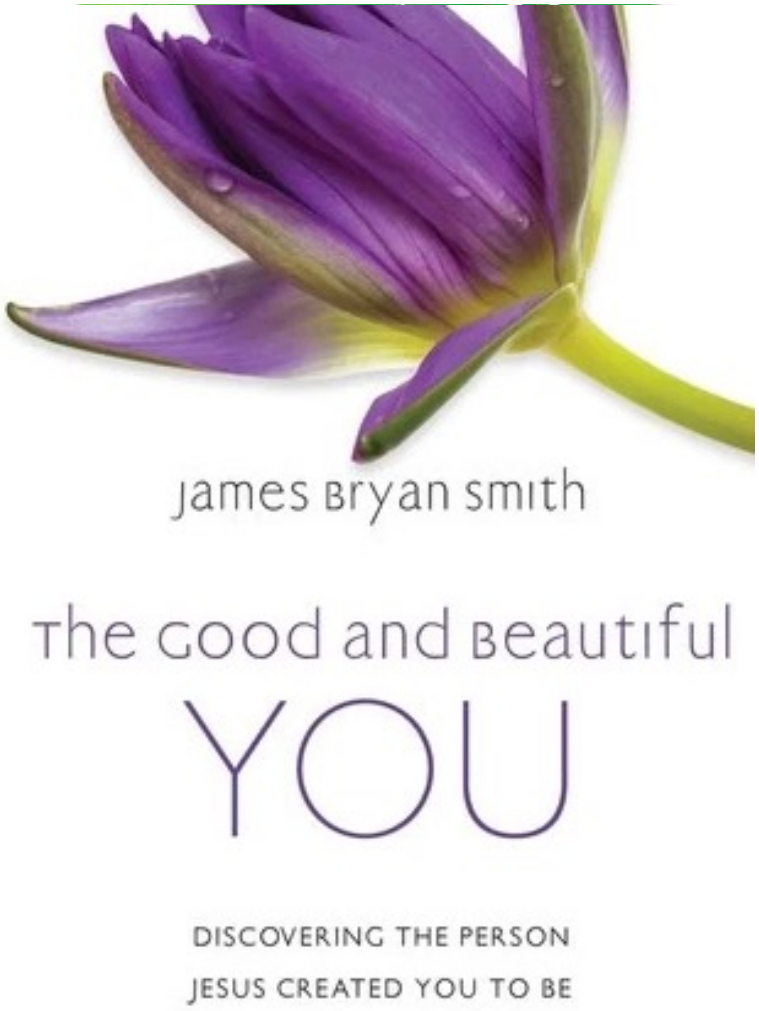
GOD'S HEART/MIND FOR US

God is NOT afraid to desire us



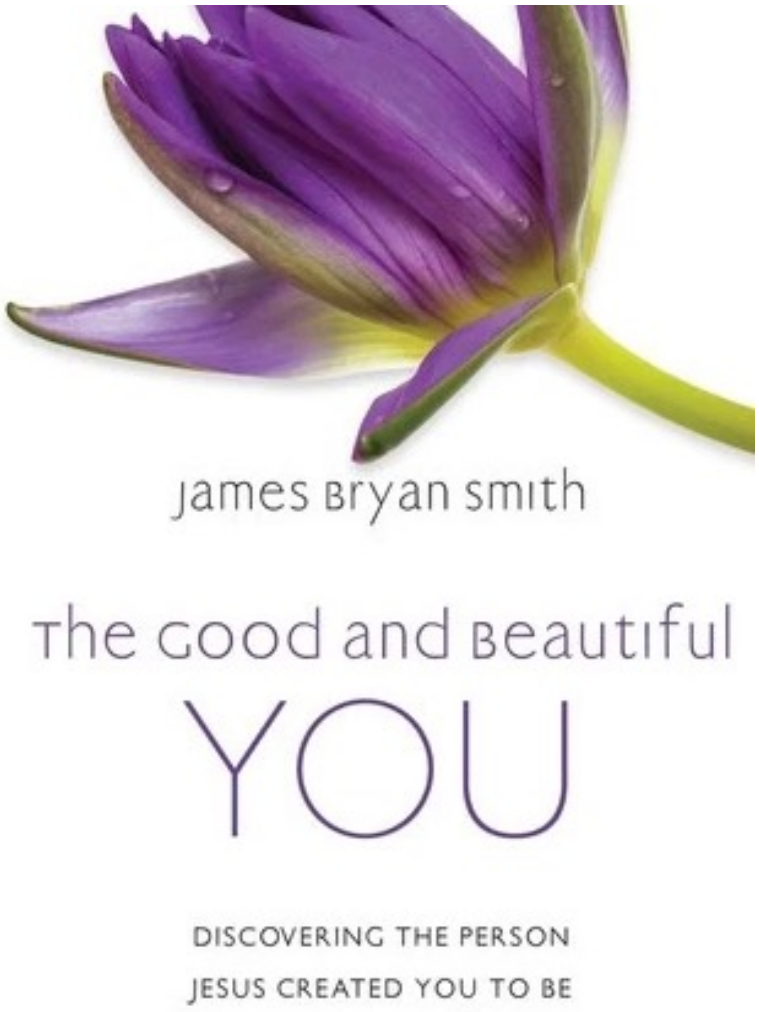
GOD'S DESIRE FOR US

- God seeking Adam in the garden ("Where are you?")
- The Prodigal story *(Father seeks the wayward son)*
- Parables of the lost sheep/coin *(Both about desire/seeking)*

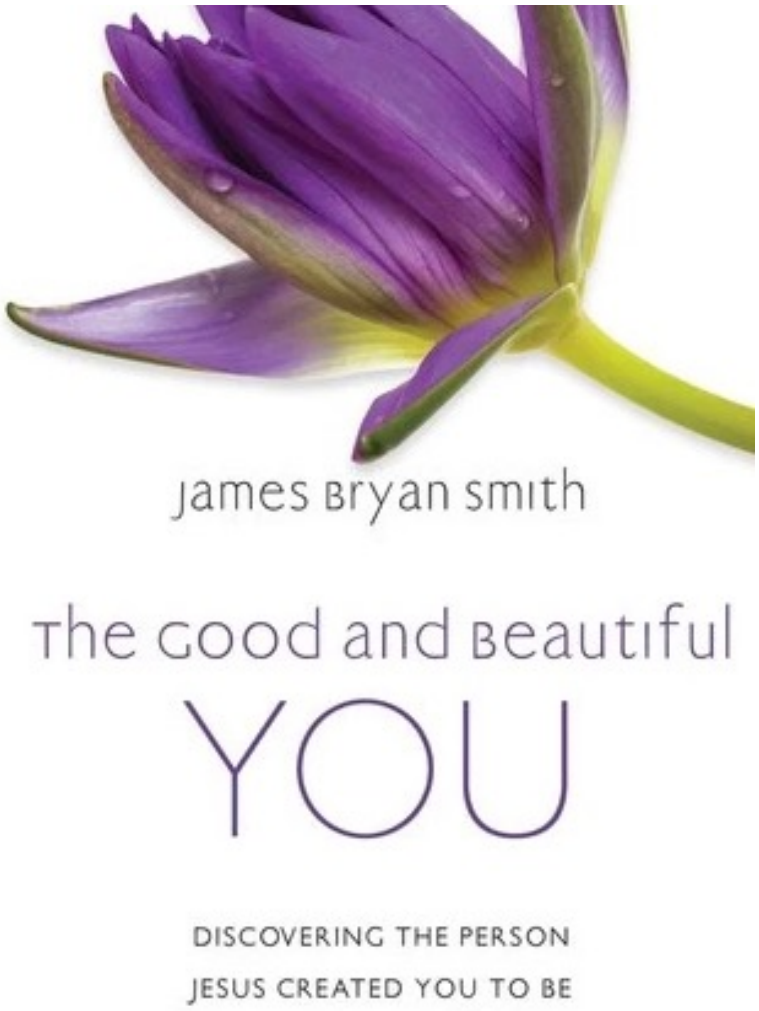


We begin our spiritual journey believing **WE** are seeking after God.

We come to realize it has been **GOD** seeking us all along.



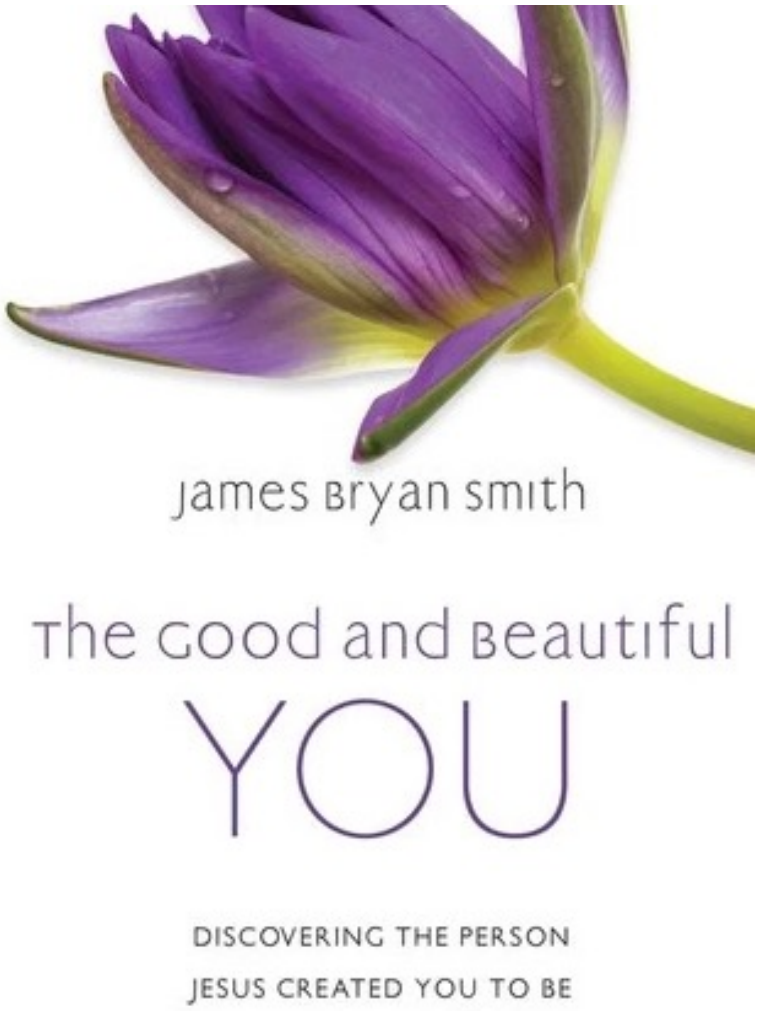
We can trust that,
if we lose our way
– if we get lost –
Jesus the Good Shepherd
will come find us.



SOUL TRAINING EXERCISE

Mirror Work

- "You are my beloved child, in whom I am well pleased"
- "I am especially fond of you"



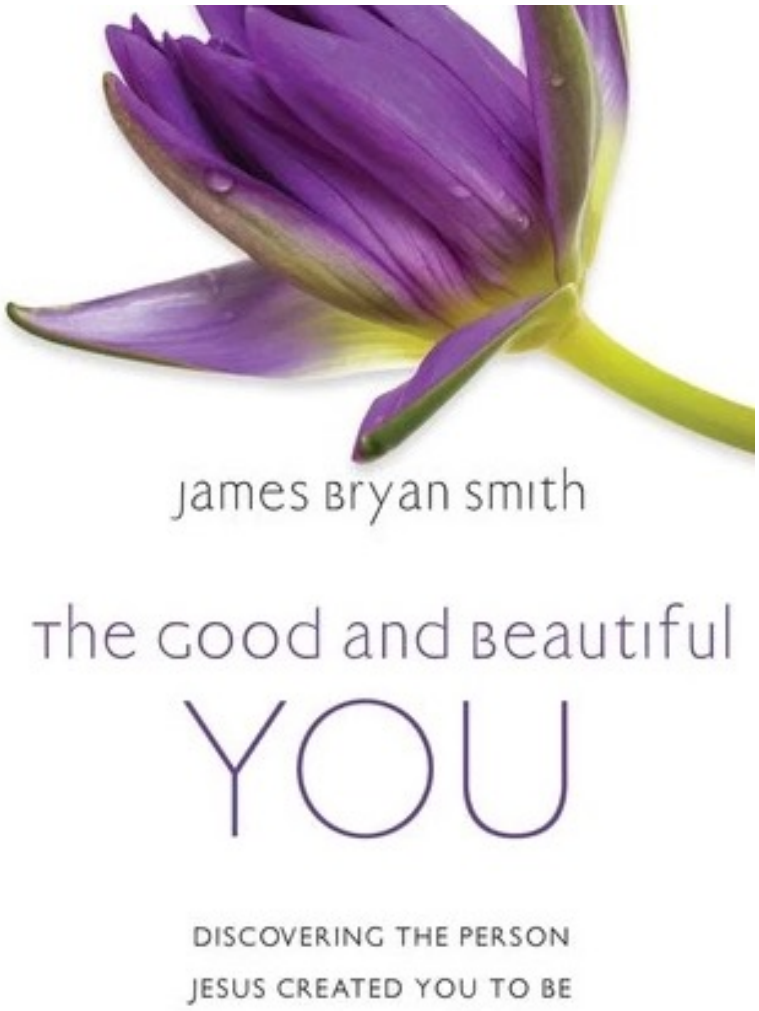
SOUL TRAINING EXERCISE

Mirror Work

- "You are my beloved child, in whom I am well pleased"
- "I am especially fond of you"

Prayer

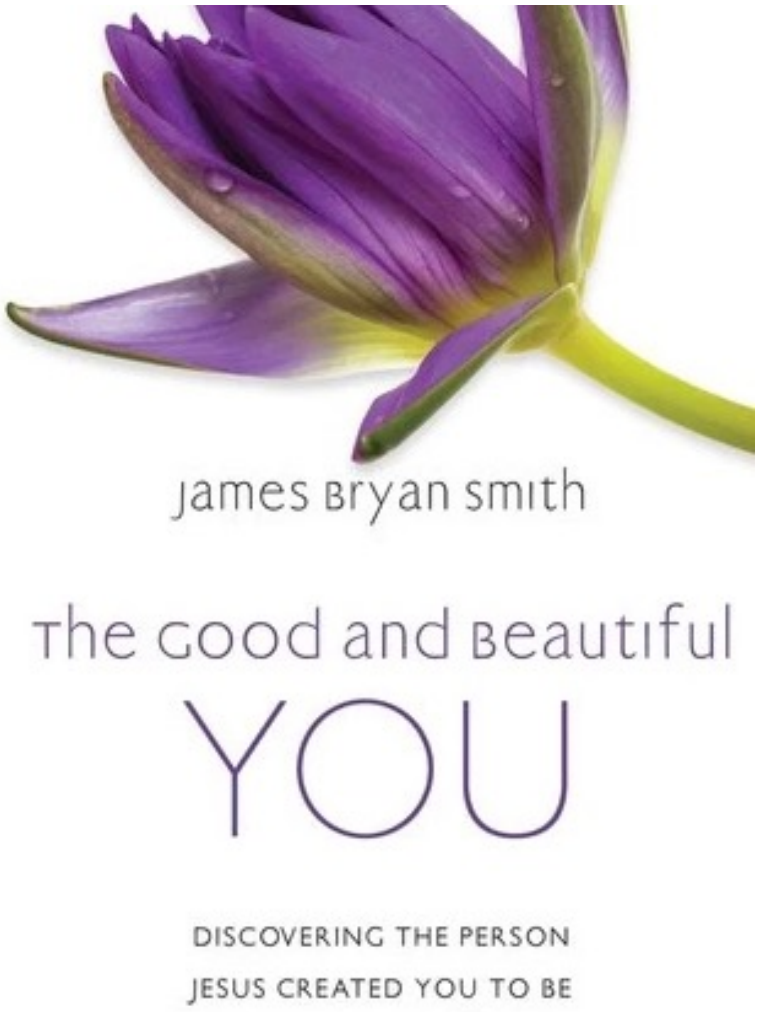
- "O God, help me to believe the truth about myself, no matter how beautiful"



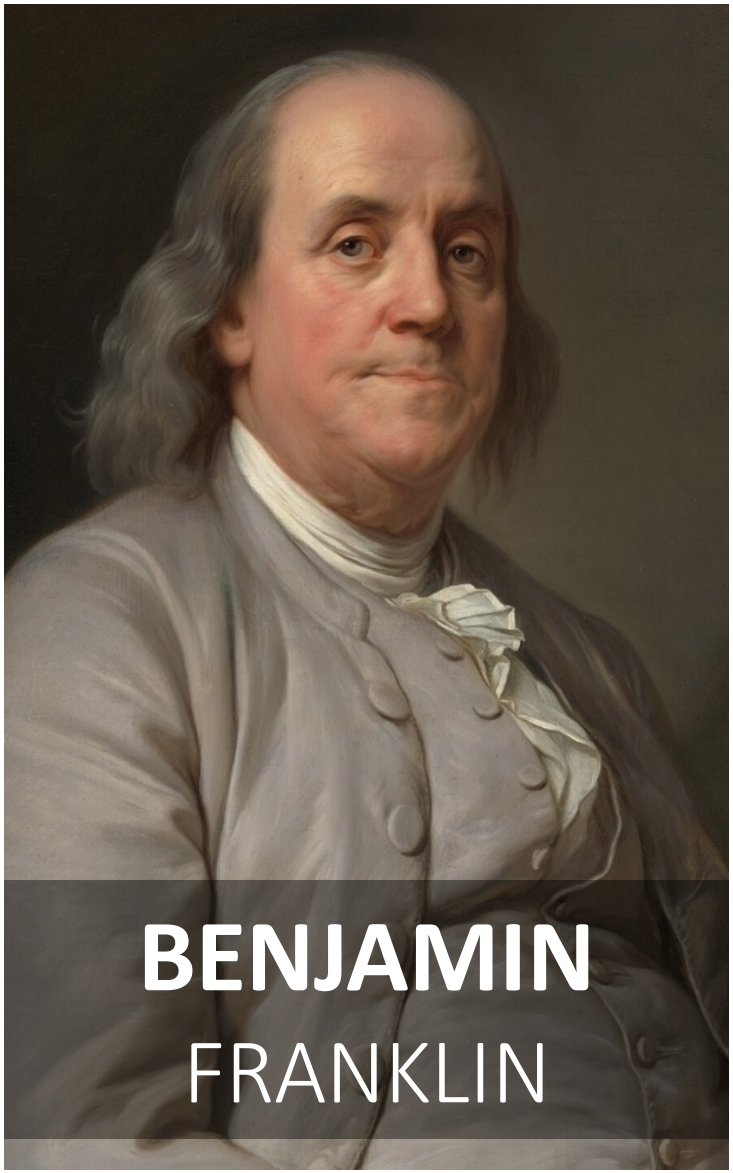
SOUL TRAINING EXERCISE

Look for ways God demonstrates God's love for you. Remember: we tend to find what we look for!

- Beauty in nature
- The gaze from your dog
- The purring from your cat
- Kindness of people around you

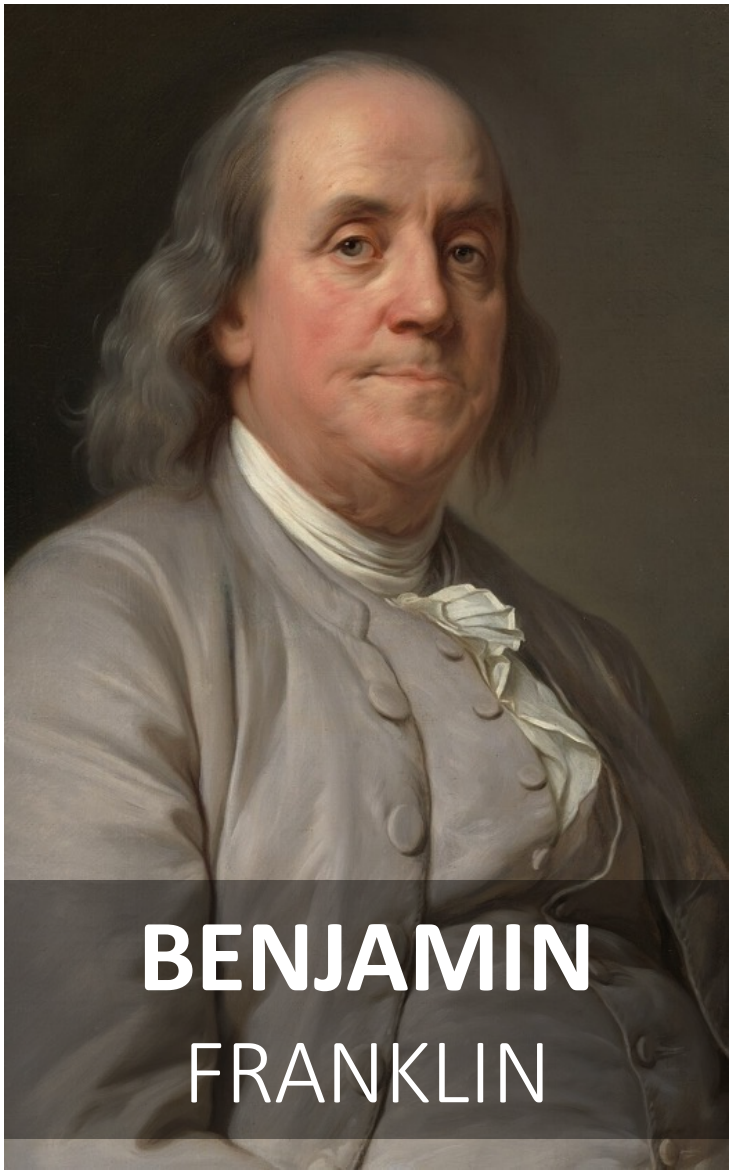


Beer is proof that God loves us,
and wants us to be happy.
(apocryphally attributed)



Beer is proof that God loves us,
and wants us to be happy.
(apocryphally attributed)

"Behold the rain which descends
from heaven upon our vineyards;
there it enters the roots of the
vines, to be changed into wine,
a constant proof that God loves us,
and loves to see us happy."



Let us hear again what you
have been saying all along:
You are my beloved. In you I delight.
Not the self we present, not the self
we hope to become someday,
but this one, here, now, unfinished.
Where we have kept you at a distance,
come closer than our fear…



Closing Prayer

Where we have tried to deserve you,
teach us simply to receive.
Where shame has told us we
are too much or not enough,
speak the deeper truth beneath it.
Let us hear again what you
have been saying all along:
You are my beloved. In you I delight. Amen.



Closing Prayer