

Wholehearted Living

DARE TO LIVE THE LIFE GOD WANTS FOR YOU

ST. LUKE'S FALL 2021

SMALL GROUP OFFERINGS WEEKS OF 9/12-11/21

Wholehearted living means being completely and sincerely devoted to living our true, authentic selves as God created us and calls us to be.

BOOK STUDY GROUPS:

These groups will study the concepts in *Daring Greatly* with the discussion prompts from Brené Brown as she lays them out in the back of the book. Participants will need to purchase the book, and the weekly readings will follow along with the worship series, but watching or attending worship is not a requirement. This group includes personal sharing at the participants discretion.

GROUPS AVAILABLE:

- **Wednesdays 5:30-6:30pm** every other week with Nichole Rairigh
- **Thursdays 6:00-7:00pm** with Betty Ludlam
- **Thursdays 6:30-7:30pm** with Elise Collins (9/23-11/25)
- **2nd & 4th Sundays 5:00-6:00pm** with Stephanie Kirk
- **Sundays 10:30-11:30am** with Rev. Liza Stoltz Hanson and Kristin Foster
- **4 Mondays 12:00-1:00pm** with CSE: Melinda Davidson, Renae Parra, and Sallie Suby-Long (9/27, 10/11, 10/25, 11/8)
- **Mondays 1:30-2:30pm** with Sandy Larson, Lisa Heaton and Eileen Law

FAITH GROUPS:

These groups will look at Brené Brown's concepts in *Daring Greatly* from a faith perspective. Participants are asked to read the scheduled pages each week and attend or watch either the 9:00am or 10:30am worship service. This group includes personal sharing at the participants discretion.

GROUPS AVAILABLE:

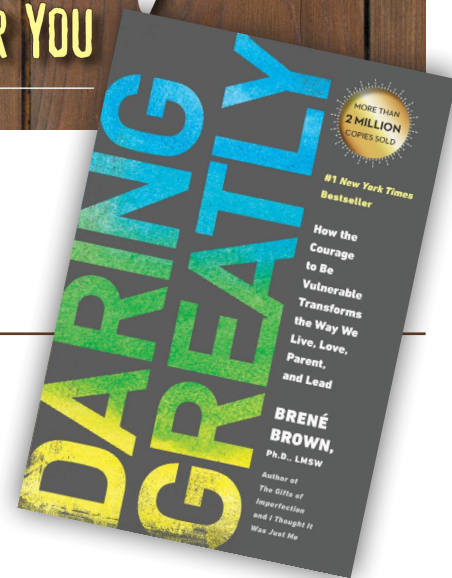
- **Sundays 11:30am-12:30pm** with Rev. Michele Kaminsky
- **Tuesdays 7:00pm (via Zoom)** with Pam Burke
- **Mondays 6:30-7:30pm** with Linda Osborn

DIGGING DEEPER SCRIPTURE STUDY GROUP:

This group will dig deeper into the scriptures used on Sunday mornings to gain a greater insight of the text. Participants are asked to attend or watch either the 9:00am or 10:30am worship service.

GROUP AVAILABLE:

- **Sundays 11:30am-12:30pm** with Steve Collins



YOUTH AND PARENT GROUPS:

These groups will focus on how the concepts in Brené Brown's *Daring Greatly* apply to parents and youth. Participants are asked to read the scheduled pages each week. This group includes personal sharing at the participants discretion.

GROUPS AVAILABLE:

- **Parenting Group on 3 Sundays 10:30-11:30am** with CSE: Sam Leahy, Sharon Oliver and Jennifer Smith in the Chapel (9/26, 10/3, 10/10)
- **SLY (7th-12th Grade Youth Group) on Wednesdays 5:30-7:30pm** with Jake Smith, bringing money for dinner

SIGN UP: Contact David Garrett servantministry@stlukeshr.com or use the **sign up sheets** on Sunday mornings



SUNDAY THEMES, READINGS AND FAITH GROUP DISCUSSION QUESTIONS

SEPT. 12 - We Are Enough

READ ALONG - pp. 1-30 (Preface, Intro and Ch. 1)

BOOK STUDY - pp. 289-291

- How do you fill in the blank? "I am never _____ enough."
- What experiences or messages did you receive in life that taught you, you weren't good enough? What did you start doing (or stop doing), so you could become good enough?
- Do you believe God thinks you are enough?
- When was the last time you were just yourself—no pretenses, no being what others needed you to be? How did that feel?
- When you were just being your true self, do you think that was worthy of being an offering to God? Why or why not?
- How do you see your life as an offering to God?

SEPT. 19 - Vulnerability

READ ALONG - pp. 32-43 (Myth 1 in Ch. 2)

BOOK STUDY - p. 292, stopping after the question: "Does it make sense to you that 'vulnerability sounds like truth and feels like courage'?"

- How does the thought of being vulnerable with others make you feel? (Brené Brown defines vulnerability as "uncertainty, risk, and emotional exposure." p.34)
- When someone makes themselves vulnerable in front of you, how does it make you feel?
- In your opinion, what makes a person weak?
- What makes a person strong or courageous?
- Brené Brown says on p. 41: "We love seeing raw truth and openness in other people, but we're afraid to let them see it in us." Does that match your understanding of how God wants you to live?

SEPT. 26 - Dealing with Being Vulnerable

READ ALONG - pp. 43-56 (Myths 2,3 and 4 in Ch. 2)

BOOK STUDY - p. 292 starting with: "When we operate from the belief..." through the end of Ch. 2 at the top of p. 294

- Who are the "marble jar" people in your life where you can be vulnerable by being just who you are? Why do they make this list?
- How can you weave more vulnerability back into your life?
- Are there people in your life who need some marbles taken out of their jar because being vulnerable with them might not be safe? If so, what "bark" do you need to keep around you as a safe boundary?
- Is there a boundary that you keep between you and God?
- What helps you return to your peace?

OCT. 3 - The Shame Game

READ ALONG - pp. 58-91 (in Ch. 3)

BOOK STUDY - pp. 294-295 stopping after: "Where is it easiest? Why do you think it's harder or easier in these circumstances?"

- What are your Gremlins and how do they shame you?
- In what ways are you far more than what you produce or create?
- Discuss how you see empathy as the "balm" or the antidote to shame?
- When has someone been the "balm from Gilead" for you? How did that feel?
- Empathetic listening includes paraphrasing what you heard, speaking to how that must make the person feel, and naming some things they might need based on how they are feeling. ie: "I heard you say you lost your job yesterday. That must feel rejecting, concerning and confusing. Know that I am here for you and will help you navigate next steps." Based on this understanding, why do you think empathetic listening soothes the soul?

OCT. 10 - Gender and Shame

READ ALONG - pp. 101-111 (in Ch. 3)

BOOK STUDY - pp. 295-296 starting with "In this chapter I discuss the primary soft spots..."

- Have you ever felt shame about your body or the way you look?
- How have you experienced shame because of your gender?
- What "roles" have you played that has kept the gender pattern going?
- How do you relate to the *Velveteen Rabbit* quote on pages 110-111 that says: "Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. when a child loves you for a long, long time, not just to play with, but really love you, then you become Real...once you are Real, you can't be ugly, except to people who don't understand." Who's love has allowed you to become Real?

OCT. 17 - Gratitude

READ ALONG - pp. 112-127 (in Ch. 4)

BOOK STUDY - pp. 296-298 stopping after the quote:

"I've never heard one person attribute their joy, success or Wholeheartedness..."

- Do you feel you forebode joy? If so, when do you do this?
- Is there a common theme underlying the times when you forebode joy?
- What are the top five things you are most grateful for?
- How do you see an increase in gratitude, decreasing foreboding joy?
- What are some ways you can incorporate gratitude into your daily life?
- How is being thankful like offering a sacrifice to God, as stated in Psalm 50:14: "I am God Most High! The only sacrifice I want is for you to be thankful and to keep your word?"
- How does gratitude make you strong in your faith?
- Is there a scripture or phrase you could use as a mantra when you find yourself foreboding joy?

OCT. 24 - Appreciating Beauty

READ ALONG - pp. 128-137 (in Ch. 4)

BOOK STUDY - p. 298 starting with the quote, "Where do you think you are on the perfection continuum..." through "...What scares you the most about putting down the shield?"

- Where do you try to be a superhero? Where do you tend to expect perfection from yourself?
- Do you believe perfection is attainable?
- Do you believe God can use imperfect people like Moses?
- Do you believe you are a beautiful child of God? Name how you are beautiful.
- Do you believe the beauty God gave you is enough?
- What do you think God wants you to do with the beauty God gave you?

OCT. 31 - Commitment Sunday - True Comfort

READ ALONG - pp. 137-151 (in Ch. 4)

BOOK STUDY - p. 298 starting with the quote, "And numbing vulnerability is especially debilitating..." through p. 299 ending with, "What are two ways that you feed your spirit? How do you know that you need more care? How do you know you are full?"

- When do you tend to want to numb? Is there a common theme underlying these circumstances that cause you to want to numb?
- Recall a stormy time in your life when God was there for you. How did God "walk on water" to get to you, to help calm your storm?
- Proverbs 3:5 says: "Trust the Lord with all your heart, and don't depend on your own understanding." Do you trust God will always be there for you during future storms?
- What brings you true comfort?
- How often do you spend time doing the things that bring you true comfort?
- What are some ways you can incorporate the things that bring true comfort into your life?

NOV. 7 - All Saints Day - Real Success

READ ALONG - pp. 151-171 (in Ch. 4)

BOOK STUDY - p. 299-300 starting with the quote:

"When we lead, teach, or preach from a gospel of Vicking or Victim, win or lose, we crush faith, innovation, creativity, and adaptability to change."

- When have you been a winner? What did it feel like?
- When have you been the loser? What did that feel like?
- How does the idea of being either a winner or a loser limit us as God's children?
- How does society define success?
- Where are these societal definitions of success messaged and portrayed?
- How do you define success?
- Romans 8:37 says: "But no matter what comes, we will always taste victory through Him who loved us." How does this inform your definition of success?

NOV. 14 - Minding the Gap

READ ALONG - p. 172-182 (Ch. 5)

STUDY GROUP - pp. 300-301

- What are your core values? Name/list at least three.
- Does what you say and do reflect these values?
- When and how do you disengage when there is a gap between what you desire for your life and for the world, with what really is?
- How do we model our values in society?
- How did Jesus model the values of "Love the Lord your God with all your heart and with all your soul and with all your mind: This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" (Matthew 22:37-39)

NOV. 21 -

Dare to Live the Life God Wants for You

READ ALONG - pp. 184-249 (Ch. 6, Ch. 7 and Final Thoughts)

STUDY GROUP - pp. 301-303

- How does shame eat away at us like termites, keeping us from being who God created us to be?
- Where have you experienced shame in our culture or in an organization?
- Have you ever felt like running away from something you were called to do like Jonah did? What was the final outcome?
- Are you running from a calling now? Are you willing to stop running?
- Are you willing to dare greatly by being the person God created you to be?
- Are you willing to dare greatly by bringing love to anger and shame?
- Are you willing to dare greatly by speaking up when society tries to define human success?
- On April 23, 1910 Theodore Roosevelt said at the Sorbonne in Paris, France: "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of his achievement, and who at the worst, if he fails, at least fails while daring greatly." Are you willing to dare greatly by stepping into the "arena"? (p.1)