

## **Resiliency**

1. What have you allowed yourself to let go of as you begin to identify and become more aware of living within your frame?
2. What things have you added?
3. How might being led by your limitations bring you into a new posture before your Creator who delights in you... and not only knows your frame but invites you to live within the bounds of your frame?
4. Knowing that you are juggling a lot of balls, name some of your glass balls and rubber balls you are currently juggling.
  1. What is at risk if you drop the glass balls?
  2. What is at risk if you drop the rubber balls?
  3. How might your awareness of knowing that your Creator is holding you and all of the balls shift your perspective on your ability to give Him both the glass and rubber balls while you accept His invitation to rest?

“Be more curious than certain.” RA Batstone

To be curious about:

1. Where might you need to look to identify some of your canaries? What are the things that make you resentful? (over-reaction or under-reaction. What are the things that you want to do but don't have time to do or things that you don't want to do but have to do?
2. How might pride or unbelief be playing a role in your ability/ inability to let some things go?
3. How might your vulnerability and modeling your need for self-care impact those around you? (both positively and negatively)

## **Lighthouse**

Draw a picture and include these key components:

-draw yourself in the picture out at sea

-include a lighthouse somewhere in the picture

-incorporate words or symbols to represent your “various trials of many kinds...” aka: current influences/ voices/ difficulties/ situation/ setting of your story

Reflect on this question: Where is my source of light? What might it look like to bring to mind the awareness of the following truth: “be still and know that HE is God and I am not”

What other truths might you add to your arsenal to remind yourself in the here and now of your story that He knows your frame... and that He delights in your dependence on Him?

Write these words down.

## **Interplay**

As you continue to work on your new/current Interplay: Calling, Identity, & Roles, reflect on these questions as you go back to the drawing board.

1. What is eternal?

2. What do I value and how do I get to what I want to do? What might I need to say “no” to in this season?
3. Have you factored in time to take care of your body? -remember... something must come off the schedule in order to put something else back on!\_
4. How am I going to let this idea of having a gospel lens look at living within my frame, resiliency, canaries, and self-care shape my boxes?

Be prepared to share with the group some of your reflections and ways you plan to integrate your learning into your daily living box.



Things to think about when completing your new role/identity/calling tool.

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