

DEDICATION



These series of the first 3 lessons
are dedicated gratefully to
Msgr. Archbishop Emeritus Nicholas Chia

RECAP of Talk 1 - Powerlessness



Human Desires : God' s Gift, Neither Good
nor Bad.

- Admission of powerlessness over my
own desires.
- Breaking the sin cycle by admission of
defeat.
- Christian Paradox: Victory through Defeat!



RECAP of Talk 2 - Surrender

- It is a concrete action taken with another person, place or situation.
- The act of surrender is repeated every 24 hours.
- 12 Steps of Surrender. Growing Peace with God, Self, Others & Nourishing it.

Tools & Actions for Surrender

“Faith by itself, if it is not accompanied by
action, is dead.”

Jam.2:17



**Catholic Spirituality
Centre
Growth Session # 3
23rd August 2013**



Scenario 1

Edwyn wakes up in the morning and is feeling low because of a disagreement he had with Karen the night before. They both said things that hurt each other.

Tools:

- **Daily contact with Higher Power**
- **Bringing things to the light**



Reflection on Scenario 1

Attitudes Cultivated:

- **Daily contact with Higher Power**
 - Stop practicing the Compulsion
 - By Admitting Powerlessness
 - And Surrendering
- **Bringing things to the light**
 - Bringing the inside out.
 - Trusting God & another person. We are as sick as our secrets!

Living in the light with the grace of God



Mark 4:22

For there is nothing hidden but it must be disclosed, nothing kept secret except to be brought to light.

1 John 2:9-11

Anyone who claims to be "in the light" and hates his brother is, in fact, still in complete darkness. The man who loves his brother lives in the light and has no reason to stumble. But the man who hates his brother is shut off from the light and gropes his way in the dark without knowing where he is going. For darkness has made him blind.

Psalms 90:8

You have set our iniquities before you, our secret sins in the light of your presence



Scenario 2

Karen finds out that her son had lied to her about having afternoon classes and plans to give him a scolding when he comes home.

Tools:

- **Check-ins**
- **Slogans**
- **Prayers**



Reflection on Scenario 2

Attitudes Cultivated:

- **Check-ins**
 - Getting honest with Self
 - Identification rather than Moralizing
- **Slogans**
 - Positive Affirmations that lead to action
 - Choosing to be Grateful
- **Prayers**
 - Staying Humble

For when I am weak, then I am strong...



James 5:16

Therefore, confess your sins to one another and pray for one another, so that you may be healed.

Galatians 6:2

Bear one another's burdens, and thereby fulfill the law of Christ

2 Cor 12:9

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.



Scenario 3

Edwyn is in the office. He is thinking of taking a short break to surf the internet and relax.

Tools:

- **Bookending**



Reflection on Scenario 3

Attitudes Cultivated:

- **Bookending**
 - Staying Accountable to Another
 - Learning Obedience
 - Deflating the Ego

Leading each other to holiness...



Ecclesiastes 4:9-12

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

Hebrews 4:13

Nothing in all creation is hidden from God's sight. Everything thing is uncovered and laid bare before the eyes of him to whom we must give account.



Other Tools

- **Journaling (Daily Step Work – 10 mins)**
- **Committing to a specific cell group (Fellowship)**
- **Getting an Accountability Partner / Sponsor**
- **Daily Reading of Spiritual Literature**
- **Praying for people, places & situations**
- **Being of service to others**
- **Acting as `if` - Fake it till you make it!**
- **Witnessing – Sharing your Story**

Prayer of Surrender



Jesus, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always! Amen!