

TOPIC 3

Choose Our Focus

Private Disciplines

Blessed are the pure of heart, for they will see God

Matthew 5:8

Tell yourself the truth. Specifically, tell yourself the truth about your heart.

Lying to another person damages the relationship.

When you lie to yourself, you damage your relationship with yourself and are no longer yourself.

Eventually, your self-deception will cause conflict with your loved ones, as they can see through your lies.

Lying to ourselves allows us to smuggle our dysfunction, anger, and unresolved issues into the future. It allows us to smuggle our stuff into our hearts, which is why it's deadly.

This is why you can't do it.

When your child came out, you embarked on a unique personal journey where you may feel isolated and struggling to come to terms with yourself.

This is a defining moment.

A defining moment is not just a point in life, it's a catalyst for profound change.

This is your new reality.

Before you move forward or begin thinking about how to move forward from here, you've got to stop and face some difficult issues.

Before, you may have felt isolated and struggled to find a safe space to voice your concerns. This is a common aftermath of spiritual trauma.

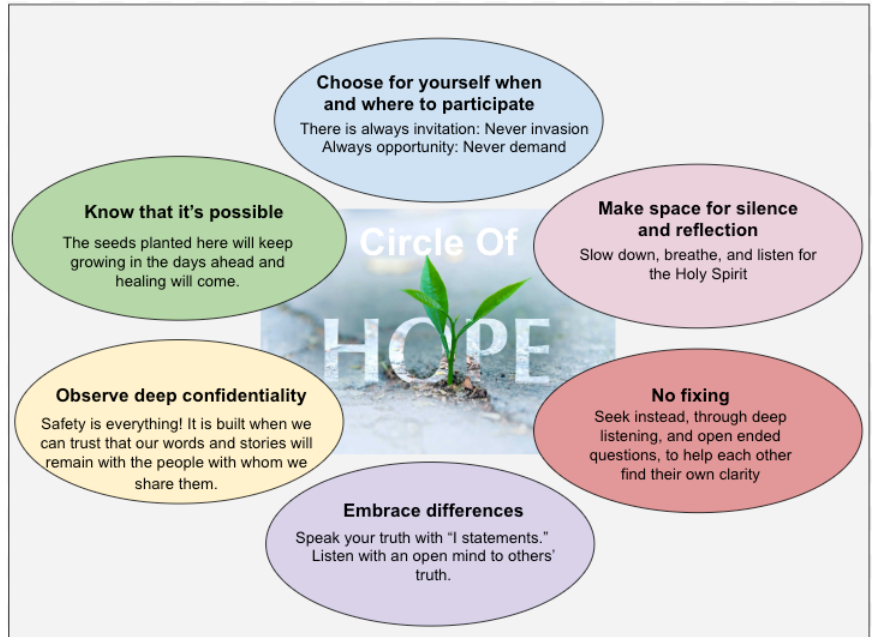
You are now in a safe place, and you are not alone.

Reinforcing the Boundaries and Guiding Principles

Before we begin our Circles of Hope discussion, it's important for everyone to review the following guiding principles and boundaries. These are essential for creating a safe and restorative space for those dealing with spiritual trauma.

GUIDING PRINCIPLES

- Play the “long game” and trust God with the outcome.
- Use love to build bridges to Jesus; don't lose the relationship.
- You can love well without losing your convictions of faith.



CIRCLE OF HOPE TOPIC

What is breaking your heart when you focus deeply on what you are struggling to come to terms with on this unique personal journey?