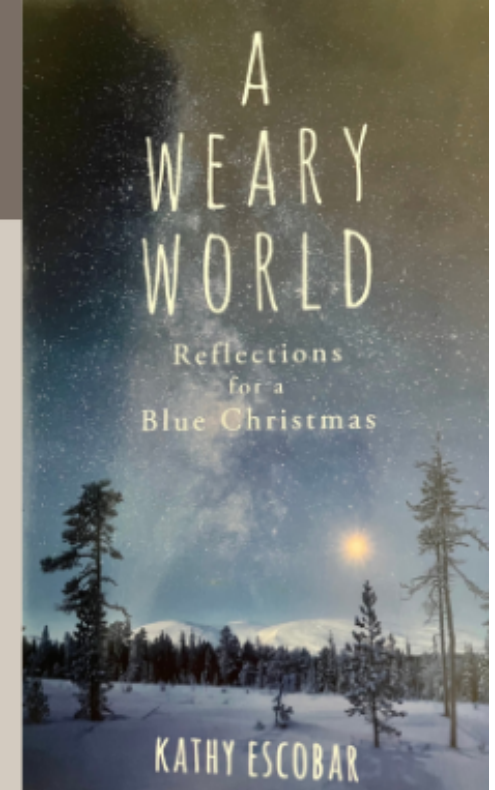


# A WEARY WORLD: Week One

## Friday: "I Don't Know"

In Friday's reading Kathy Escobar stated she is trying to remove the phrase, "I need to just figure it out" from her vocabulary. She points out that not all situations in life can be solved by critical thought, yet we tell ourselves we need a solution. The hope is a solution will reduce the period we experience pain. I thought this saying was powerful; "I am trying to use my brain to solve matters of the soul". Overthinking a difficult situation can lead to frustration and cause feelings of shame or guilt. Sometimes it is best to accept you don't understand and acknowledge your pain so you can begin to move forward. The reading connected this to faith and how people don't refuse to move forward in their relationship with God because they need answers for hard to believe details in the Christmas Story. "I Don't Know" was a phrase tattooed on their son's leg. It now serves as their reminder that accepting reality may be extremely difficult, but it can also provide the best path to healing. What will be your reminder?



## Today's Reflection Question:

*What do you need to try to let go of trying to figure out today?*