

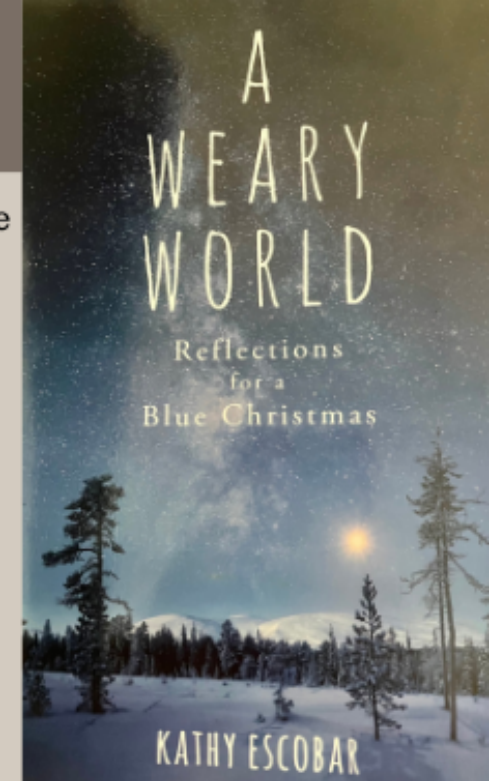
A WEARY WORLD: Week Two

SUNDAY

Many of you have the Weary World book already and we are getting more in at the store this week. We can mail a copy to you if you don't live near Soul Provider. I want to emphasize that even if you don't have the book in your hands our goal is to include enough information from Kathy Escobar's powerful message that you can walk away from our Advent series with new insight as we all seek to find Peace and Hope. Cory did a great job summarizing the main idea of the daily readings for the first week which focused on the theme of "Honoring Reality." At the end of last week, the author said to ask yourself, "What is your current reality? What's going on in your life that's making your soul weary? What's missing that you long for?"

I believe that to answer these questions, we have to follow the author's lead with the very tough topic covered in this week's readings on Practicing Honesty. Today's reading was centered around John the Baptist (Mark 1:1-4), particularly the verse "the voice of one crying out in the wilderness." Each day this week we will discuss specific emotions including Anger, Grief, Sadness, Fear, Shame, and Confusion that many of us may be feeling this holiday season. It's important to remember that if you are experiencing any of these emotions right now it doesn't make you a bad person. It makes you human and that is what we talked about in the Honoring Reality lessons last week. These are some very strong and difficult feelings but we begin by practicing honesty and identifying where we are in the wilderness right now? The last question the author asked today was, "What emotions are you feeling today?" As we delve into specific emotions this week, know that the author's and our hope is that you "find some relief and peace knowing we're in good company in the Wilderness"

Throughout this week, Cory and I will also be sharing some of our own personal experiences with Practicing Honesty through his ongoing journey with mental health. The word that sticks in my mind today is Practice. Being honest with ourselves, and others, and God is something that takes practice so let's begin by remembering these lines from last week's Honoring Reality Prayer: God, Help us remember that no matter how confused, broken, tired, or faithless we might feel, You are with us and we are part of Your story."



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