

Wholehearted Living at Its Core

Week 4: *Compassionate Care*
Reading: **Wholehearted Living at Its
Core: Discerning Your Personal
Core Values, Pgs. 1-16,
Appendices A - D**

Quotes:

‘Everyone you meet is fighting a battle you know nothing about. Be kind, Always.’ ~ Robin Williams

‘Whatever the question, LOVE, is the answer.’
~ Dr. Wayne Dyer

‘That whisper you keep hearing is the universe trying to get your attention.’ ~ Oprah Winfrey

‘Hope and change are hard fought things.’ ~ Michelle Obama

‘Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition and listening to His voice in the depth of our hearts.’ ~ Mother Theresa

Questions:

1. When faced with a need or challenge, what steps do you take to move through the challenge in a positive way?
2. How do you practice being more aware of when others around you may be in need of a friendly shoulder to lean on?
3. How would you define Spiritual Awakening? How might that help you nurture your quality of compassion?

'DIG' Deeper (Get Deliberate, Get Inspired, Get Going!):

1. Creative Video - 'DIG'-ing through cooking.
<http://www.unitytravercity.org/mini-stry-leaders-resources>
2. Try your hand at 'creative cooking' while preparing a meal this coming week.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps

getting together to try a 'DIG Deeper' option together; or creating one of your own.

2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday lessons and/or announcements.
3. Prepare your 'leaf' to add to the sanctuary 'Family Tree of Values' next Sunday.

Prayer:

As you prepare to close this fourth week in prayer, take the 'Compassion' rock you received and hold it gently in your hands. Open your heart to the compassion in you as you affirm this closing prayer:

Mother/Father/God: Be with me today as I share prayer, challenges, and my Spiritual Awareness. Kindness and heartfelt gratitude is mine today. Thank you. And so it is, amen.

MY THIRD CORE VALUE IS:
