

Wholehearted Living at Its Core

Week 5: *Leading Out Loud*
Reading: **Wholehearted Living at Its
Core: Discerning Your Personal
Core Values, Pgs. 1-16,
Appendices A - D**

Quote(s):

‘The real voyage of discovery consists not in seeking new landscapes but in having new eyes.’ ~ Marcel Proust

‘Many people think that being spiritual means being positive, but being spiritual means being conscious and aware. To become conscious and aware, we must become authentic. Authenticity includes both positive and negative.’ ~ Teal Swan

‘Peace does not mean an absence of conflicts; differences will always be there. Peace means solving these differences through peaceful means; through dialogue, education, knowledge; and through humane ways.’ ~ Dalai Lama

Questions:

1. When you are 95 years old, what would you like to say about your life?
2. Would you say that your values today are different than the ones from 5-10-20 years ago? If so, in what way, and what made them change?
3. How do you stay in alignment with your core values when you are experiencing a challenge or a conflict?

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

1. Creativity Video - 'DIG'-ing through storytelling.
<http://www.unitytraversecity.org/mini-stry-leaders-resources>
2. Think about an experience that was challenging for you - when you feel you did not act in alignment with your core values. Now write that story from another perspective. Start by asking yourself: 'What opportunity did this give me for growth, healing, evolution, or learning?' Or, 'What would happen if I didn't label this as bad?'

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 'Tree of Values' next Sunday.

Prayer:

As you prepare to close this fifth week in prayer, take the 'Integrity' rock you received and hold it gently in your hands. Open your heart to the presence of your deepest convictions as you affirm this closing prayer:

'O' Great Spirit, help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence.'

~ Cherokee Prayer

MY FOURTH CORE VALUE IS:
