

Becoming Fully Alive Missionary Disciples

Tim Hogan, PsyD, LP, CIRT
Christ Awaits Retreat Day



a Kendall Hunt Company

COMPLETE SOLUTIONS

FOR CATHOLIC SCHOOLS AND PARISHES



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Becoming Fully Alive

Missionary Disciples (Overview)

- ▶ *Remember the story we are in: Radical Family Love Story...with a Plot Twist!*
- ▶ *Work Skillfully with Our Inner Life*
 - ▶ *Why*
 - ▶ *How*
 - ▶ *...and how to get Unstuck*
- ▶ *Cultivating Fully Alive Missionary Disciples*



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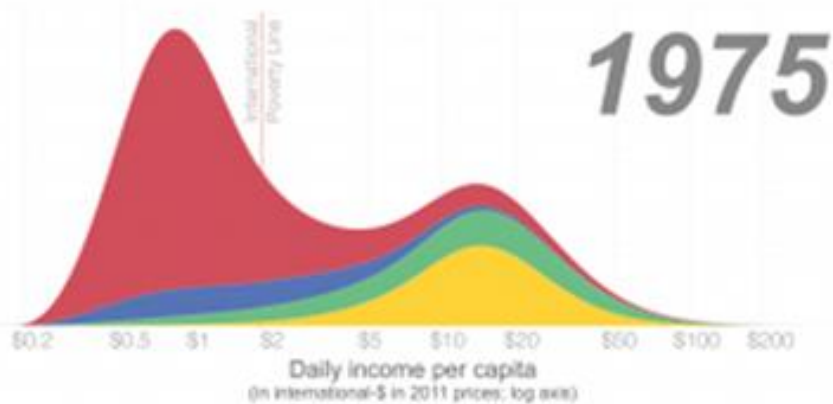
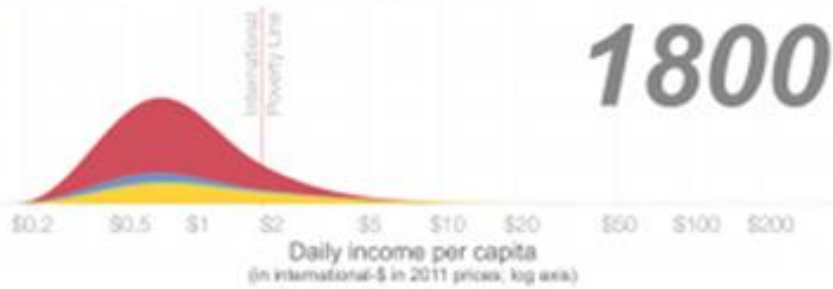
The Kingdom of God: Our Radical Family Love Story

- ▶ *Good news for poor, healing brokenhearted, freedom for captives, release of darkness for prisoners, comfort mourners. (Luke 4)*
- ▶ *Blind can see, lame can walk, lepers cleansed, deaf hear, dead raised, good news preached to poor. (Matthew 11)*
- ▶ *I was hungry and you fed me, thirsty and you gave me to drink, homeless and you took me in, naked and you clothed me, in prison and you visited (Matthew 25)*



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Europe Asia and Pacific Africa North- and South America



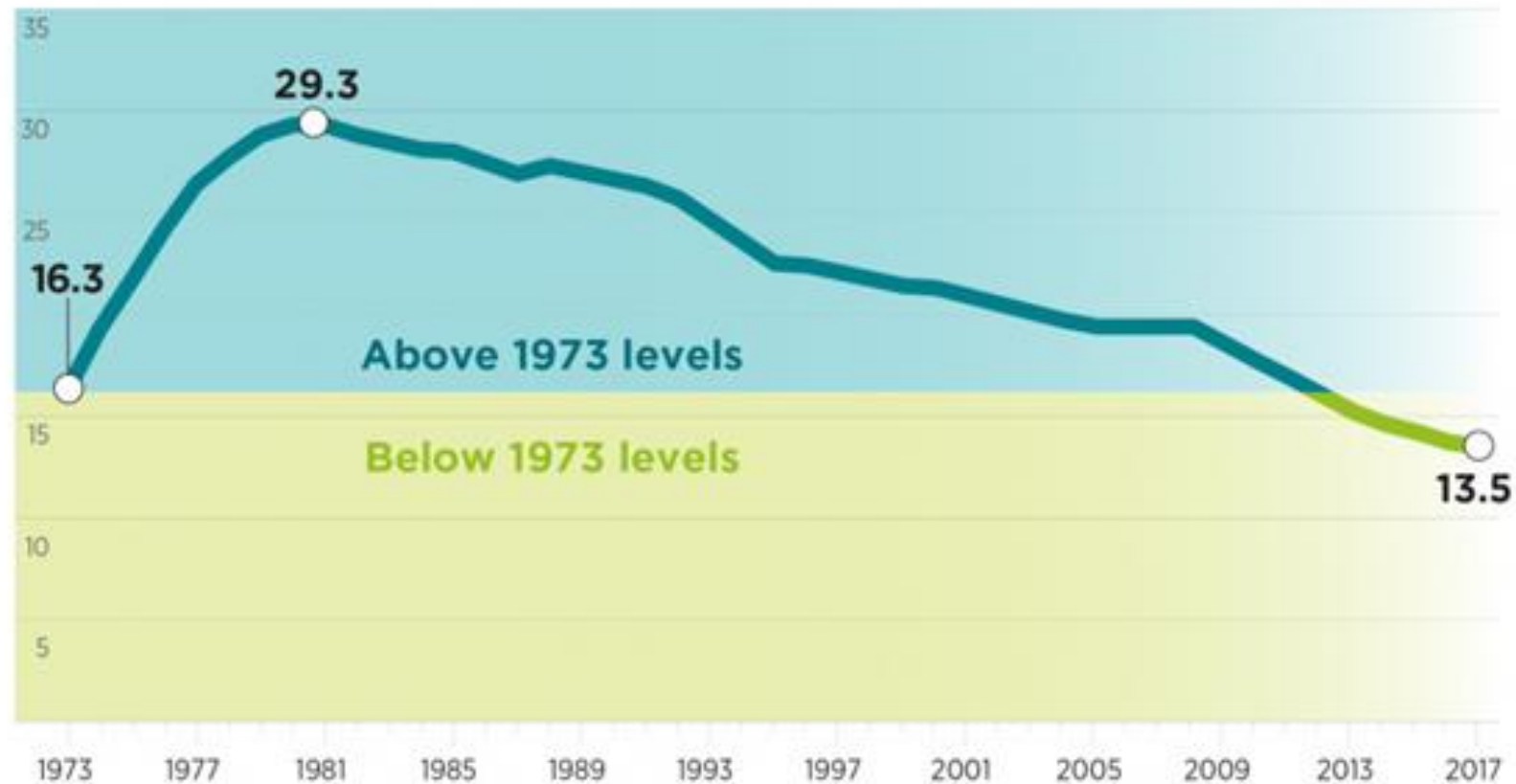
Data source: Gapminder
The visualization is available at ourworldindata.org where you find more visualizations and research on global development. Licensed under CC BY SA by the author, Ben Ross



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The U.S. abortion rate reached a historic low in 2017

No. of abortions per 1,000 women aged 15-44



Proportion of Years Great Powers Fought Each Other, 1500-2000



Source: Levy & Thompson, 2011

Group Breakout: Gratitude Check-In

Even in midst of pandemic,
where do you see the
Kingdom of God in action?
(Type answers in Chat)

The Kingdom of God: Our Radical Family Love Story PLOT TWIST!

- Families: Radically different, busy
- Digital Revolution
- More spiritual, less religious
- Lost trust: Institutions, Religious Leaders
- Disaffiliation: High with young people
- Strong leadership; Shortage of priests
- Pandemic: Accelerating trends



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How's it going?



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Working with Our Inner Life *Why?*

- 1. Embodiment: Inner process is sacred, source of wisdom.*



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Working with Our Inner Life

Why?

2. Unprocessed emotions, leak, *block full aliveness. Primary mission is to...*

“first of all sharing the life that comes from comes from God and communicating the joy of having met the Lord.” (Directory for Catechesis, 68)



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Working with Our Inner Life

Why?

3. Inner emotions control perception

- ▶ *Cognitive priming*
- ▶ *Confirmation bias*



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Working with Our Inner Life (Overview)

1. *Recognize* the “energy in motion” (i.e., E-motion)
2. *Name* it
3. *Listen* to it: What is message?
4. *Express* it: Complete the cycle



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Recognize the “energy in motion” (i.e., E-motion)

Some possibilities:

*heavy/light...hot/cool...energizing/dRAINING
... intense/dull...sticky/slIPPERY...
numb/empty...tense/relaxed*

Bring caring presence:

“I’m with you...I’m listening...”



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Name It

- *Anger*: tension in shoulders, neck, jaw and head.
- *Sadness*: heaviness in face and chest, especially eyes.
- *Fear*: tension or pain in shoulders, stomach, nausea
- *Disgust*: revulsion around mouth, nose, throat or stomach.
- *Joy*: Positive energy in core, spine, whole body.
- *Creative Desire*: warmth, excitement in pelvis and belly



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Listen to It, Pray with It

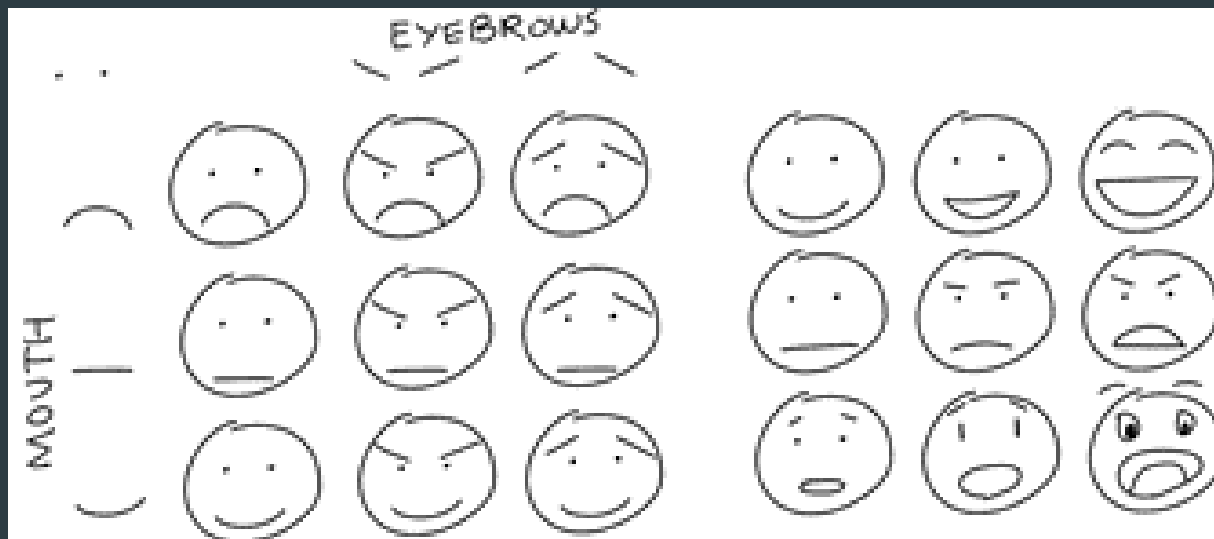
- *Anger*: Something is not just, fair or working. It is time to act! A gift often given to the prophets to help confront injustice
- *Sadness*: Something needs to be grieved, released, or surrendered.
- *Fear*: Something important is happening. It is time to wake up and pay attention!
- *Disgust*: Something sickening is happening.
- *Joy*: Something wonderful is happening and needs to be celebrated.
- *Creative Desire*: Something new and beautiful wants to be created and birthed.



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Express It

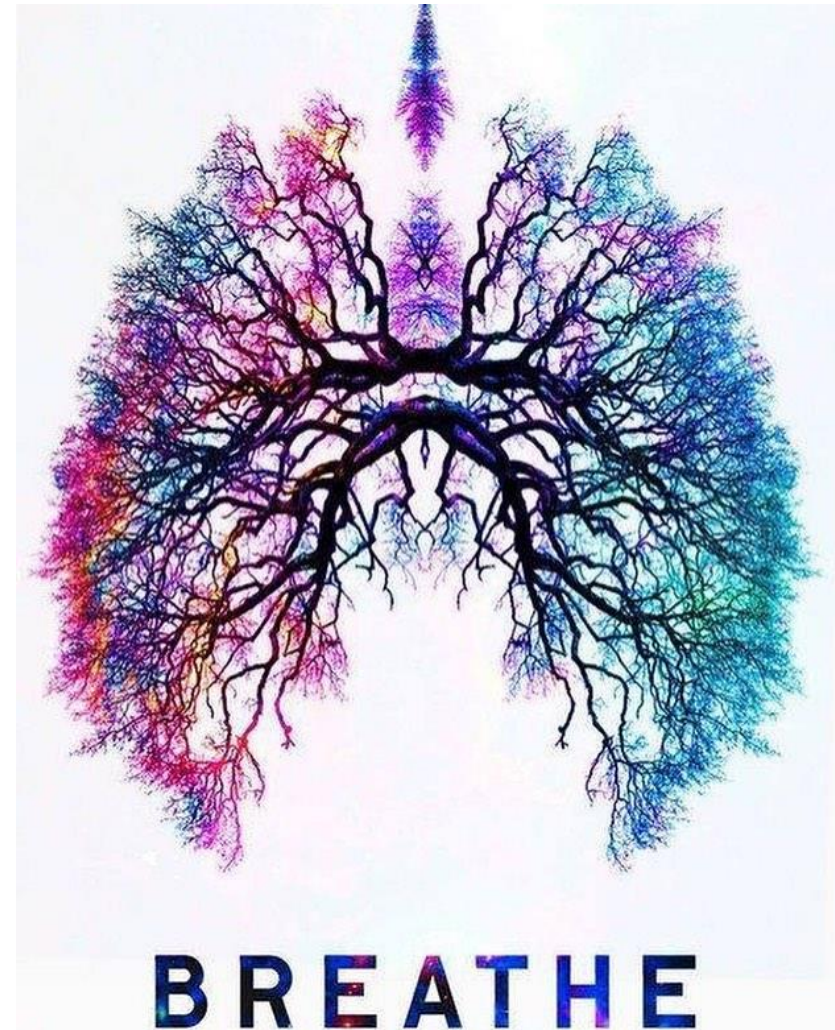
- *Write it down:* “I’m noticing I’m feeling ...
I feel it in my body...”
- *Draw it:*
 - Where it is in the body
 - What it feels like, symbolic associations
 - Draw it as a facial expression



What if things are really
“stuck”?

When stuck...

- *Breathe with it...* (4-7-8, with 3 Part)



When stuck...

- *Surrender: “I surrender to You with my whole heart and soul. Please come into my heart in a deeper way. I say “Yes” to you today. ...I surrender all to You: my health, family, resources, occupation, skills, relationships, time management, successes and failures. I release it and let it go. I surrender my understanding of how things ought to be, my choices and my will. I especially surrender...”* (from Miracle Hour by Linda Shubert.)



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When stuck...

- *Dance with it!*



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When stuck...

*Radical Acceptance: Surrender Resistance
(ACT, Acceptance and Commitment Therapy)*

► *Put the worst of it to a song:*

I was fired for no reason.

I feel angry and sad most of the time.

My ministry gig is really over.

And I don't know what comes next.

(To "Happy Birthday to You")



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 - ▶ *Express it: Complete the cycle*



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Questions for Lunchtime

- ▶ *What makes change difficult for me?*
- ▶ *What is making change difficult for our community?*

(Type ideas into chat.)



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*Cultivating Fully Alive
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Change: Ready or Not?

Not Ready for Change (i.e., clueless, in denial, or stuck): How to engage

1. Meet them where they are (mirror).

- ▶ *“Sounds like you are fine with things. Others might think we have a problem, but you are fine. Is that it?”*
- ▶ *“So it sounds like you think we should not change anything and see how that works. Can we check back in 6 months and see how this is working?”*

Not Ready for Change (i.e., clueless, in denial, or stuck): How to engage

2. Have them articulate others' concerns

- ▶ *“I hear you saying no change is needed. Remind me what are you hearing from others?”*
- ▶ *“What would have to happen for you to agree with them that something different needs to happen?”*

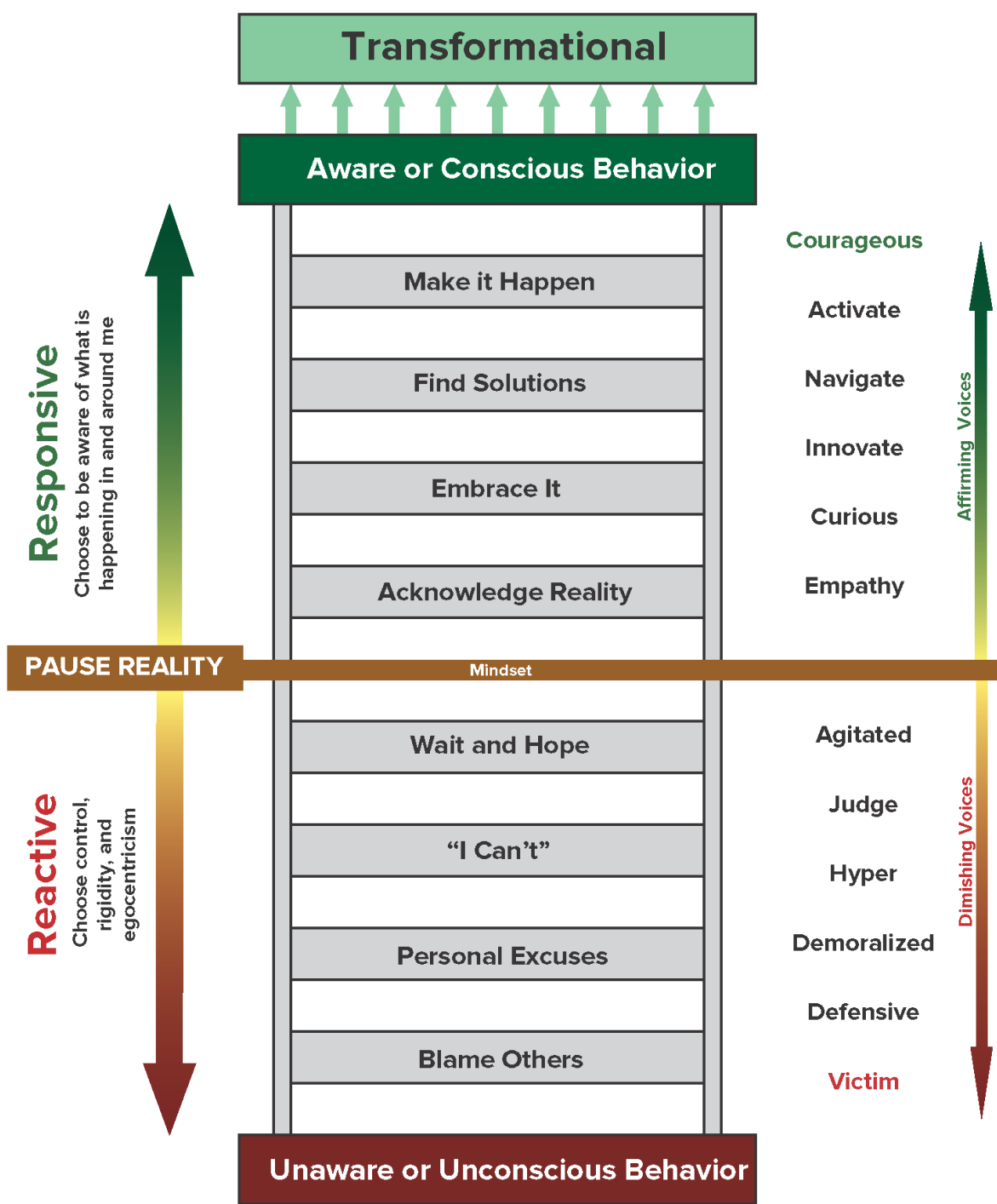
Not Ready for Change (i.e., clueless, in denial, or stuck): How to engage

3. Invite them to reflect on the part they do know is needing change:

- ▶ *“On a scale of 1-10, how big of a problem is this?”* Then, based on their answer, inquire why not lower (i.e., $x-2$). So, if they say it is a “5”, ask them why they didn’t say “3”.

Ready for Change: How to Engage

- ▶ Help them to get very specific and practical
- ▶ Help them to keep the goals realistic
- ▶ Create positive reinforcement for small change
- ▶ Get out of the way!



Accountability Ladder

Breakout Question

- ▶ Where are you on the Accountability Ladder (...in relation to different challenges)?
- ▶ What do you see in your community?

The Challenge of Leadership



Catching Inspiration as Missionary Disciples



Breakout Question

- ▶ The kind of person I want to be in leadership...
- ▶ One small change I will make today...

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