



M.J. Murdock
CHARITABLE TRUST



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Thriving in the Midst of Challenges

A Pathway towards Wholeness

Gaby Viesca

May 1-3, 2024

Noticing our Inner Rhythms

Session #2



Lectio Divina



The Power of Story



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Frontal lobe

Movement
Cognition
Attention
Language

Parietal lobe

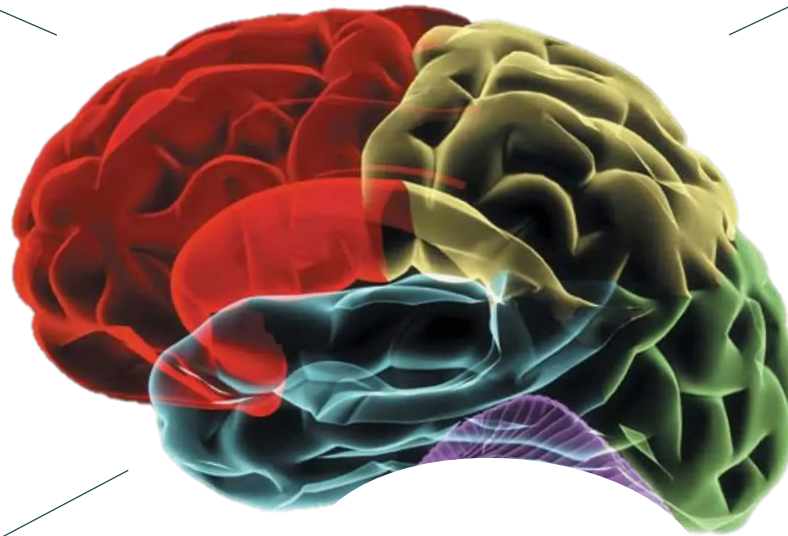
Touch
Pressure
Taste

Temporal lobe

Hearing
Smell
Recognition

Occipital lobe

Vision
Perception



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The Creative Framework of Genesis

“And God **named** the light ‘Day’ and the darkness ‘Night’.” *Gen. 1:5*

“And God created creatures [...] **according to their kind.**” *Gen 1:21*

“And God **separated** the light from the darkness.” *Gen. 1:4*

“Let the waters be **gathered** to one place.” *Gen 1:9*

Naming, Sorting, Separating, Gathering









Personal Exercise

Stories I tell myself (lies/limiting beliefs)	How this story makes me feel	A truth I choose to embrace	How this truth makes me feel
Everybody else is smarter / better than me	Depressed, afraid to be myself, small, insecure	"I am fearfully & wonderfully made." I have amazing, unique gifts	Encouraged, a bit more confident
I will never get married	Sad, hopeless, down	God knows the desires of my heart	Hopeful, seen, known
I'd be happier if I was married / had more money / more friends	Anxious, ungrateful, jealous, insatiable	I have all I need (family, health, friends, savings, & lots of fun!)	Grateful, aware of my riches, joyful



Chart of Emotions

	Happy	Caring	Depressed	Inadequate	Lonely	Confused	Guilty	Fearful	Hurt	Angry
Strong	• Thrilled	• Tenderness toward	• Desolate	• Worthless	• Isolated	• Bewildered	• Sick at heart	• Terrified	• Crushed	• Furious
	• Cloud nine	• Affection	• Dejected	• Good for nothing	• Abandoned	• Puzzled	• Unforgiveable	• Frightened	• Destroyed	• Enraged
	• Ecstatic	• Captivated	• Hopeless	• Washed up	• All alone	• Baffled	• Humiliated	• Intimidated	• Ruined	• Seething
	• Overjoyed	• Attached to	• Alienated	• Powerless	• Forsaken	• Perplexed	• Disgraced	• Horrified	• Degraded	• Outraged
	• Excited	• Devoted to	• Depressed	• Helpless	• Cut off	• Trapped	• Horrible	• Desperate	• Pained	• Infuriated
	• Sensational	• Adoration	• Gloomy	• Impotent	• Rejected	• Confounded	• Mortified	• Panicky	• Wounded	• Burned up
	• Exhilarated	• Loving	• Dismal	• Crippled		• In a dilemma	• Exposed	• Stage fright	• Devastated	• Fighting
	• Fantastic	• Infatuated	• Bleak	• Inferior		• Full of questions		• Vulnerable	• Tortured	• Mad
	• Euphoric	• Enamored	• In despair	• Useless		• Troubled		• Dread	• Disgraced	• Nauseated
	• Enthusiastic	• Cherish	• Empty	• Finished				• Paralyzed	• Humiliated	• Violent
	• Delighted	• Idolize	• Barren	• Like a failure				• Anxious	• Anguished	• Indignant
	• Marvelous	• Worship	• Grieved	• Not enough					• Discarded	• Hatred
	• Great	• Seen	• Grim						• Cast off	• Bitter
	• Amazing	• Valued							• Forsaken	• Vengeful
									• Betrayed	• Vicious



Personal Exercise

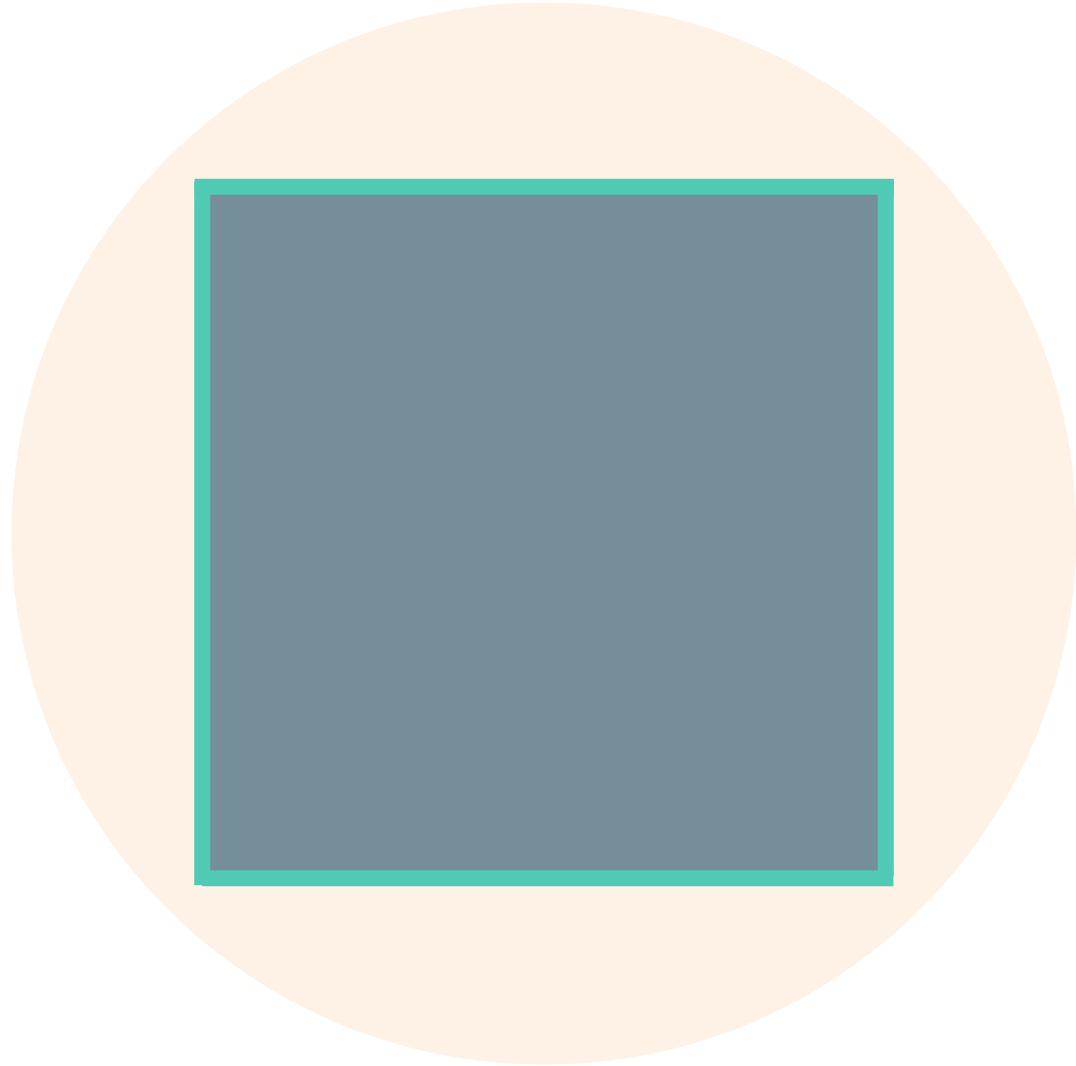
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Quick Practice



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What if we tried to
befriend our emotions?



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“Emotions are your brain’s attempt to explain
and attach meaning to what is going on
in your world and your body.”

Dr. Julie Smith



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We need our emotions to **thrive**



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EQ Statistics

People with high EQ earn, on average, **\$29,000** more annually than those who score low on EQ

(TalentSmart EQ)

Managers with highly developed EQ skills outperform yearly revenue targets by **15-20%**

(PepsiCo)

EQ is **400%** more powerful than IQ when predicting success in any field

(UC Berkeley)

EQ is responsible for **58%** of professional success, regardless of job category

(TalentSmart EQ)



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Paradox Prayer

Even though I feel rejected , I am loved and accepted by God.

Even though I am alone , God is always with me.

Even though I feel sad , the Lord is near the broken-hearted.

Even though _____ , _____.



Group Communion

- What was your experience like going through the exercises?
- Did anything surprise you?
- What feels relevant and safe to share right now?



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