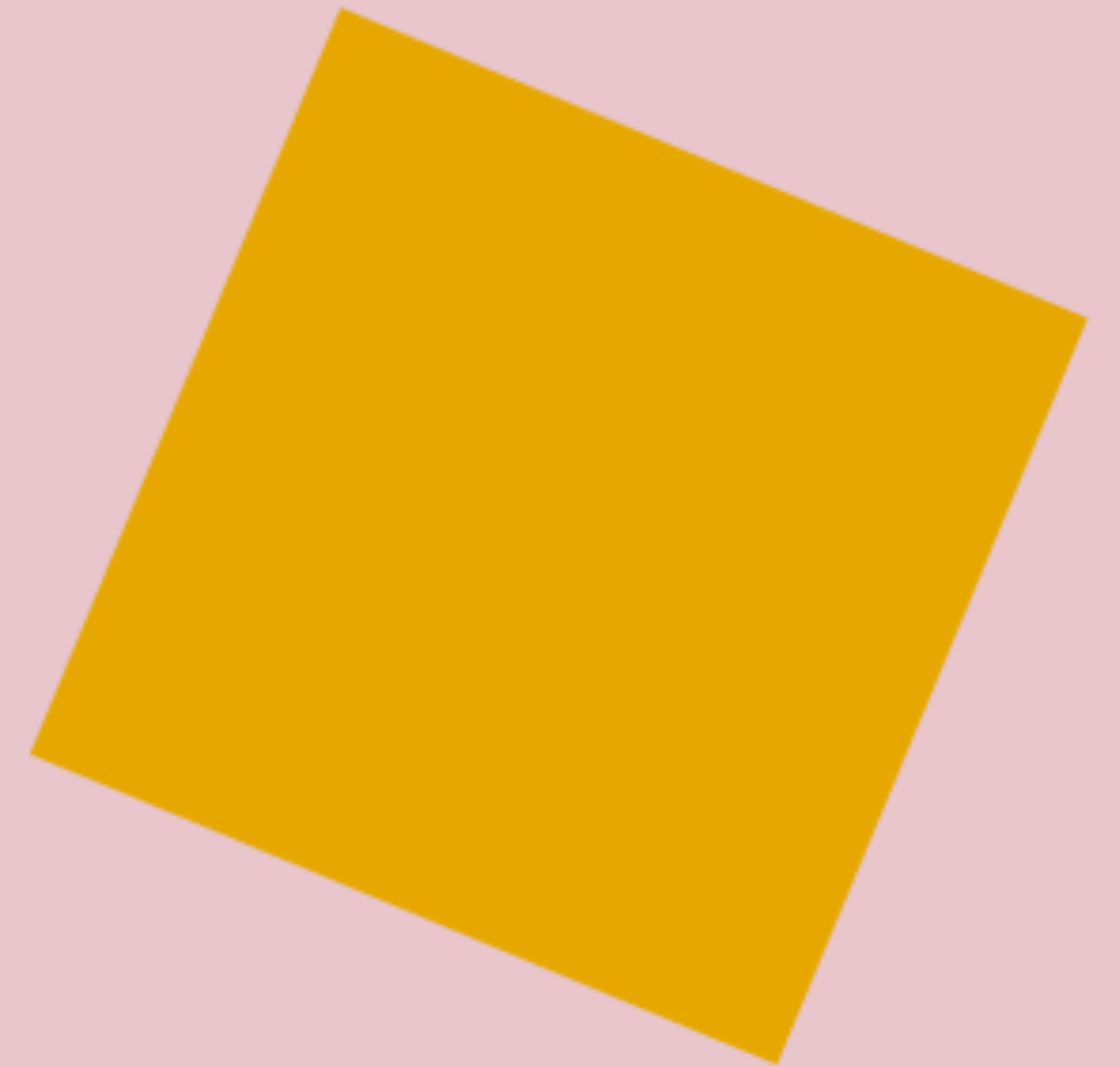
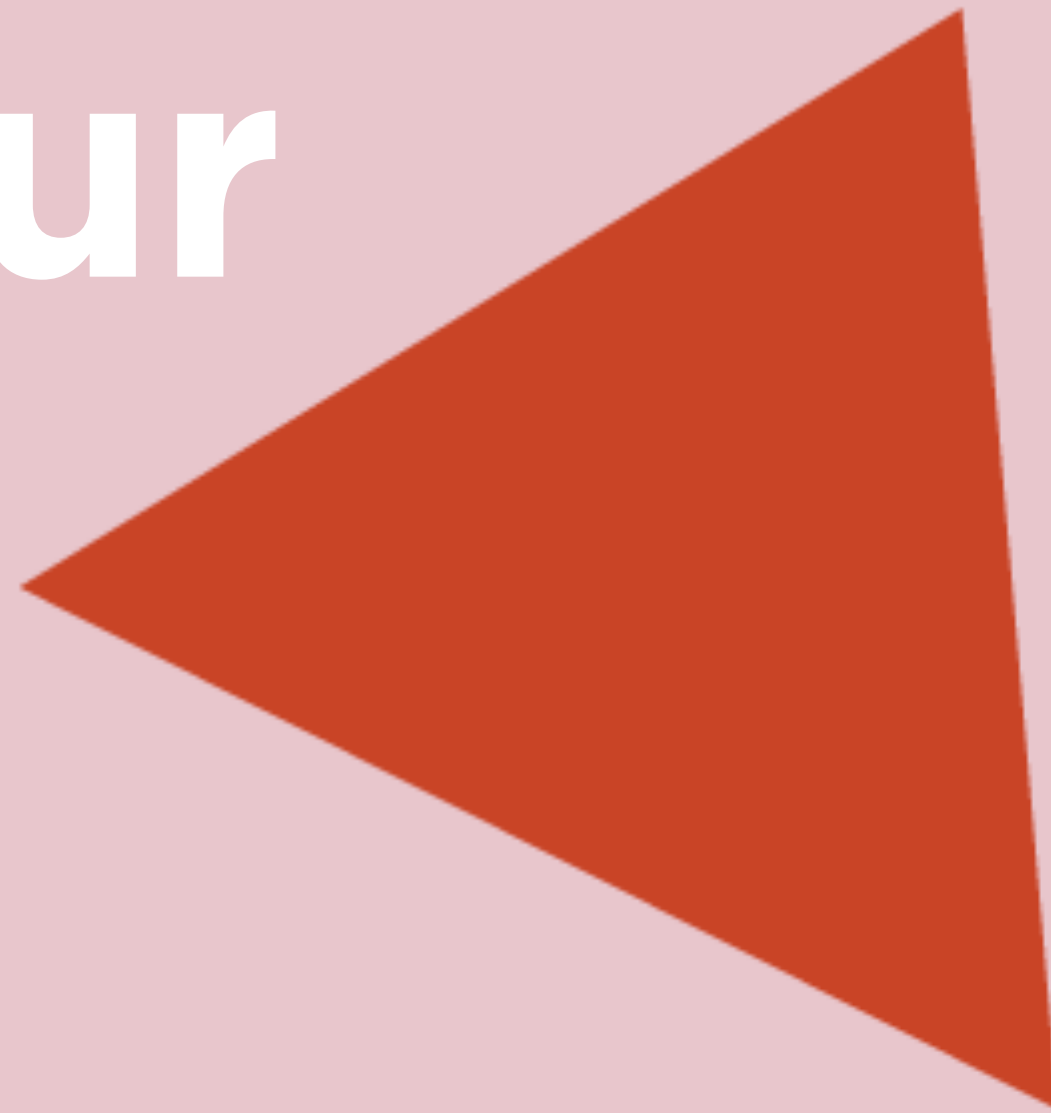


Summer 2019

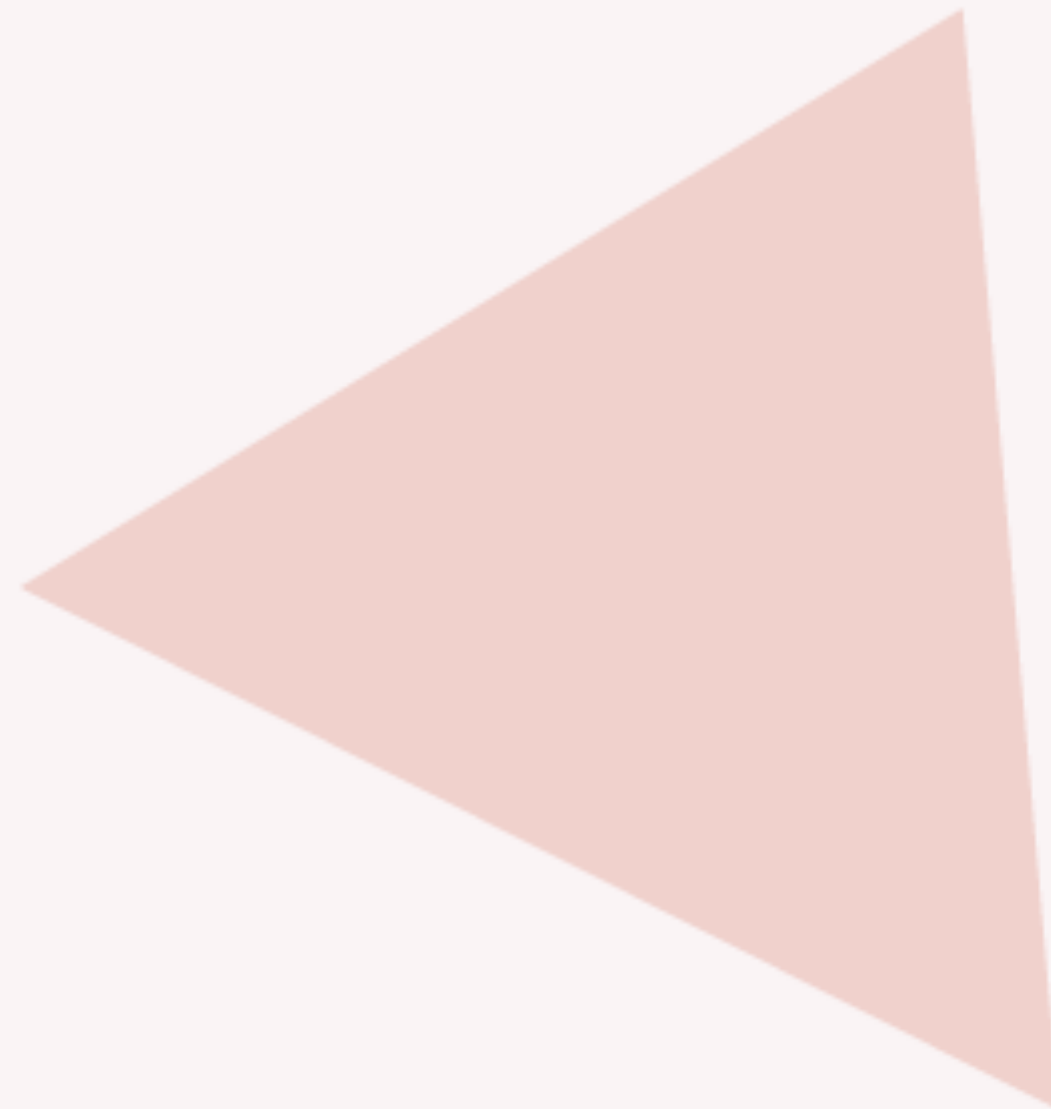


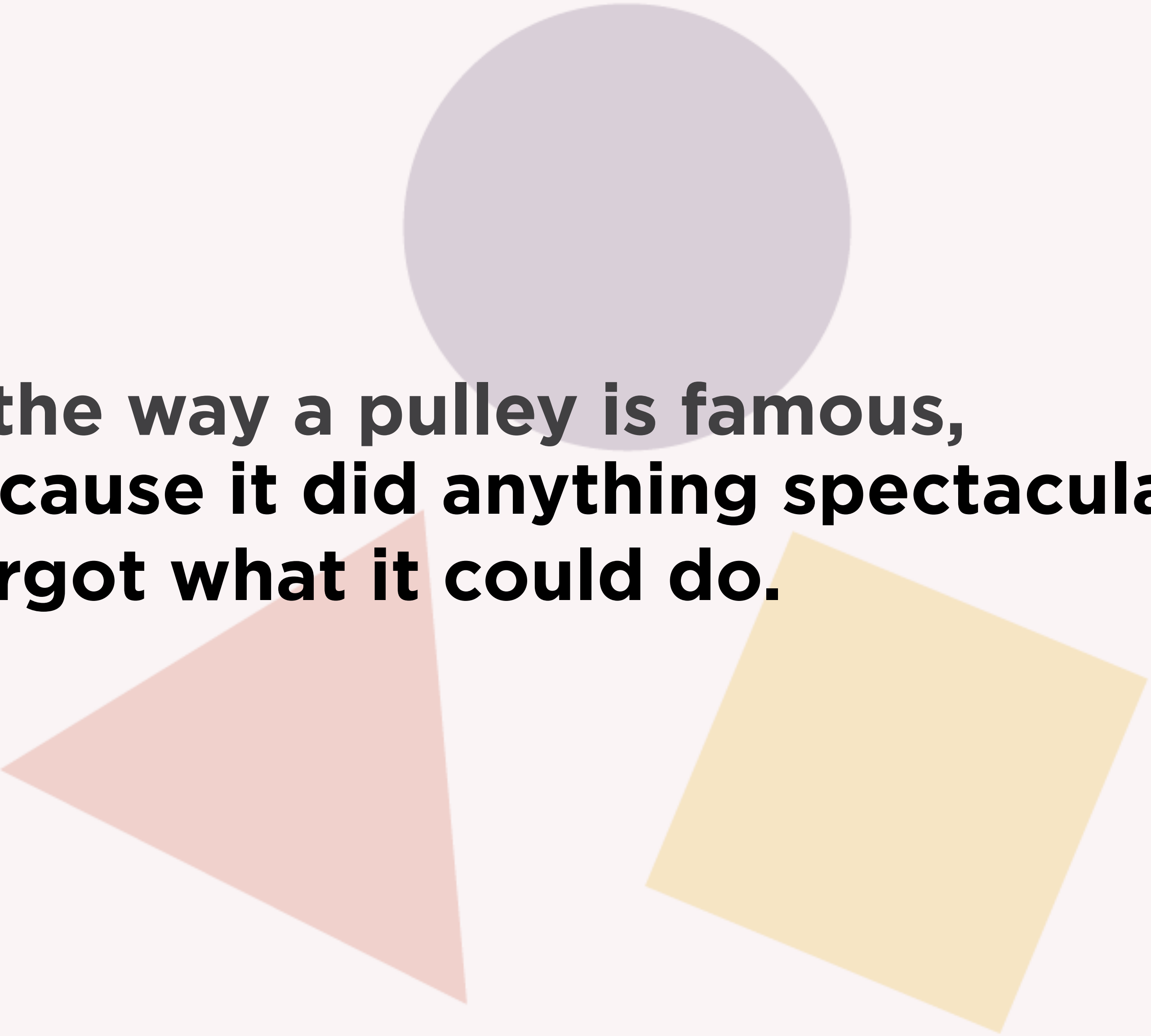
Taking Off Saul's Armour



Famous

by Naomi Shihab Nye





**I want to be famous in the way a pulley is famous,
or a buttonhole, not because it did anything spectacular,
but because it never forgot what it could do.**

Naomi Shihab Nye



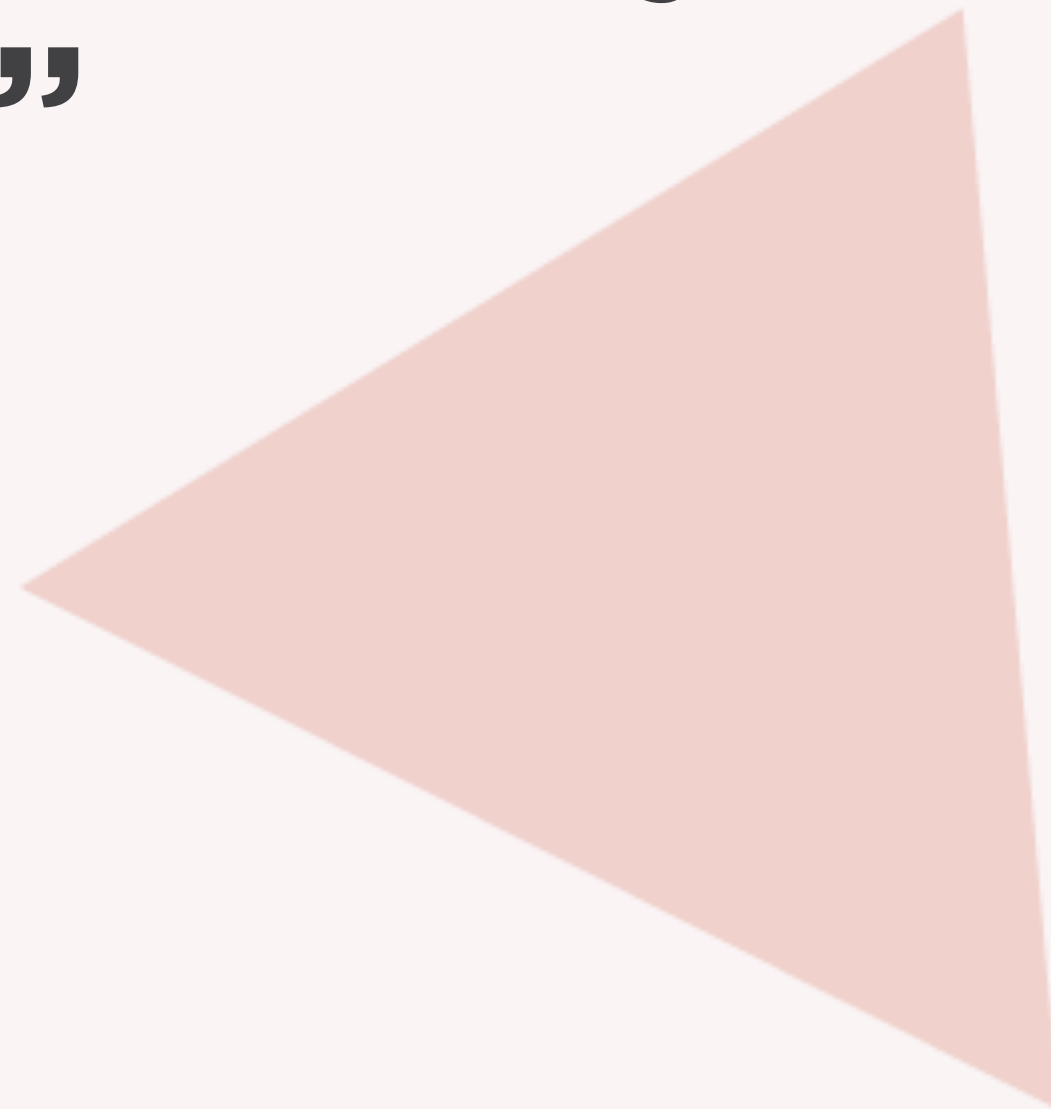
“Be yourself; everyone else is already taken.”

Oscar Wilde



“If I find Him, I will find myself. If I find my true self, I will find Him.”

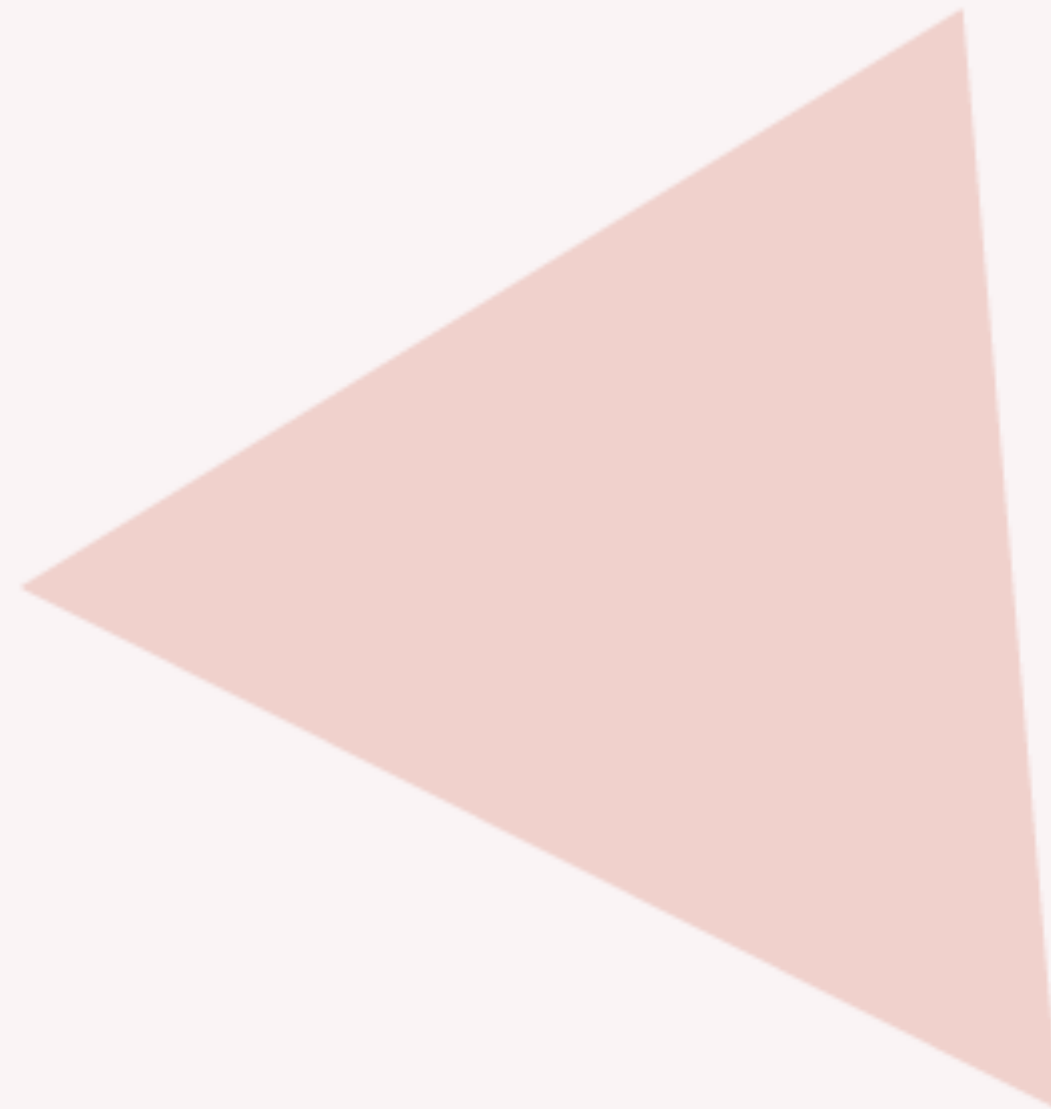
Thomas Merton





1 Samuel 17

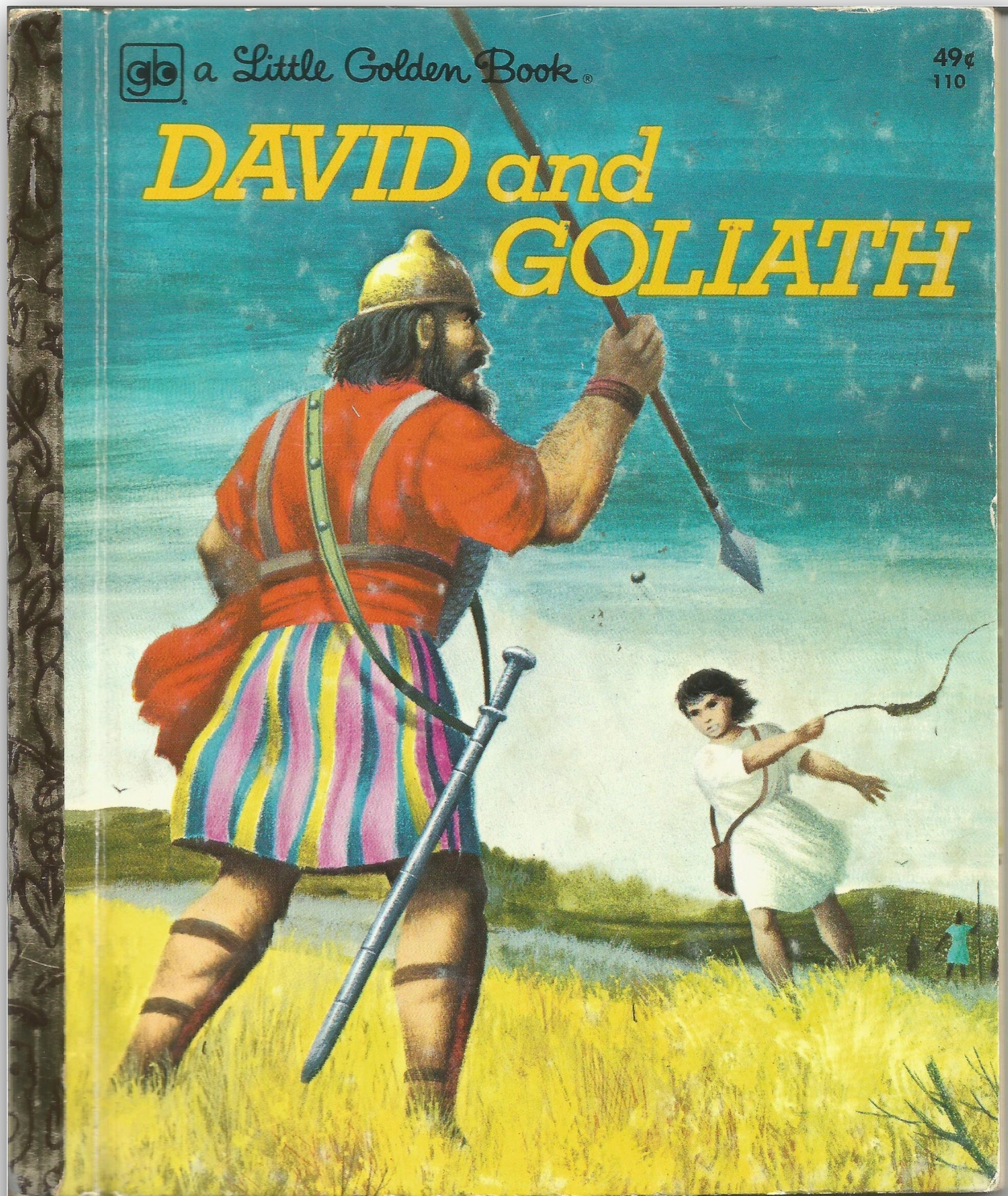
page 197

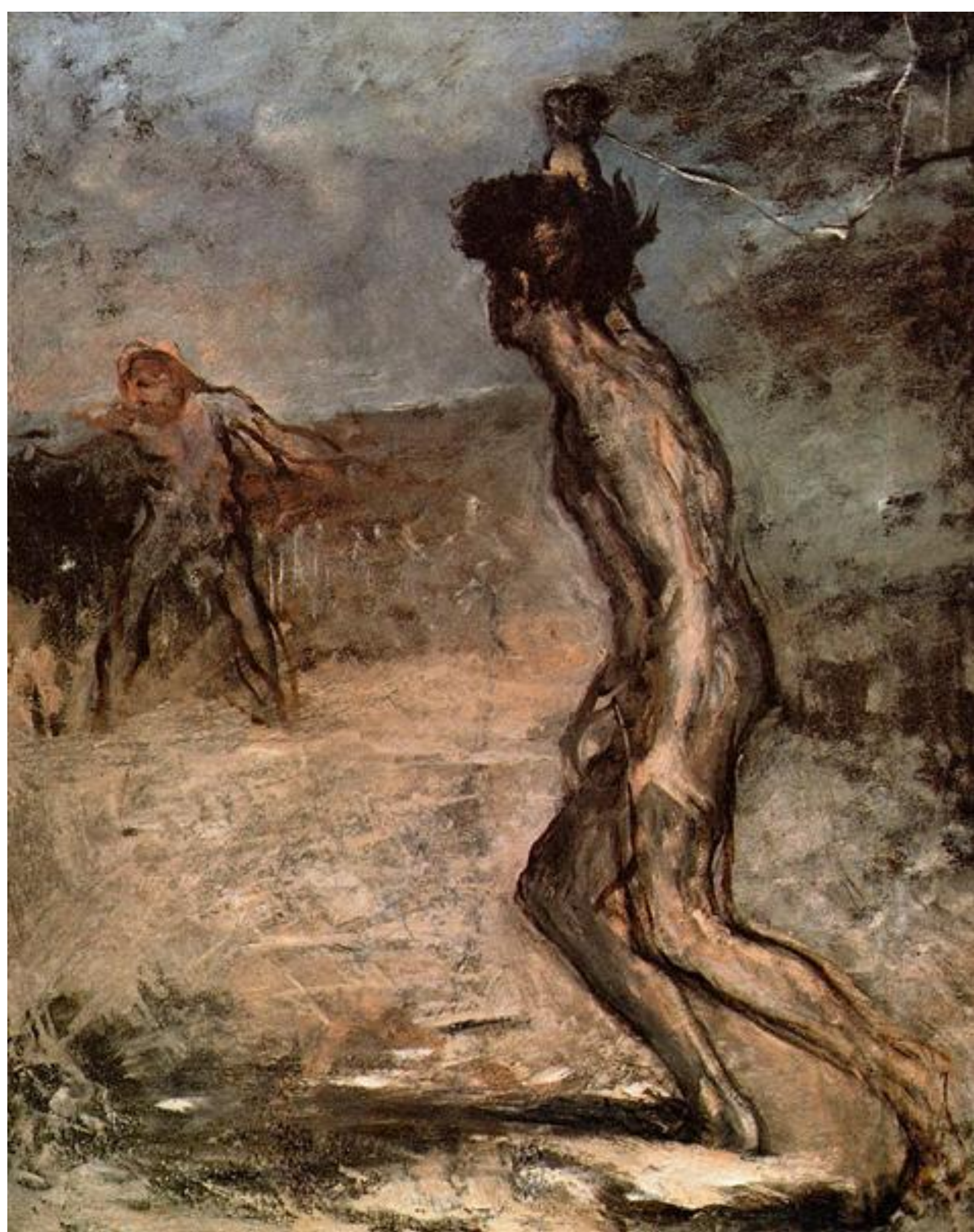


gb a Little Golden Book®

49¢
110

DAVID and GOLIATH









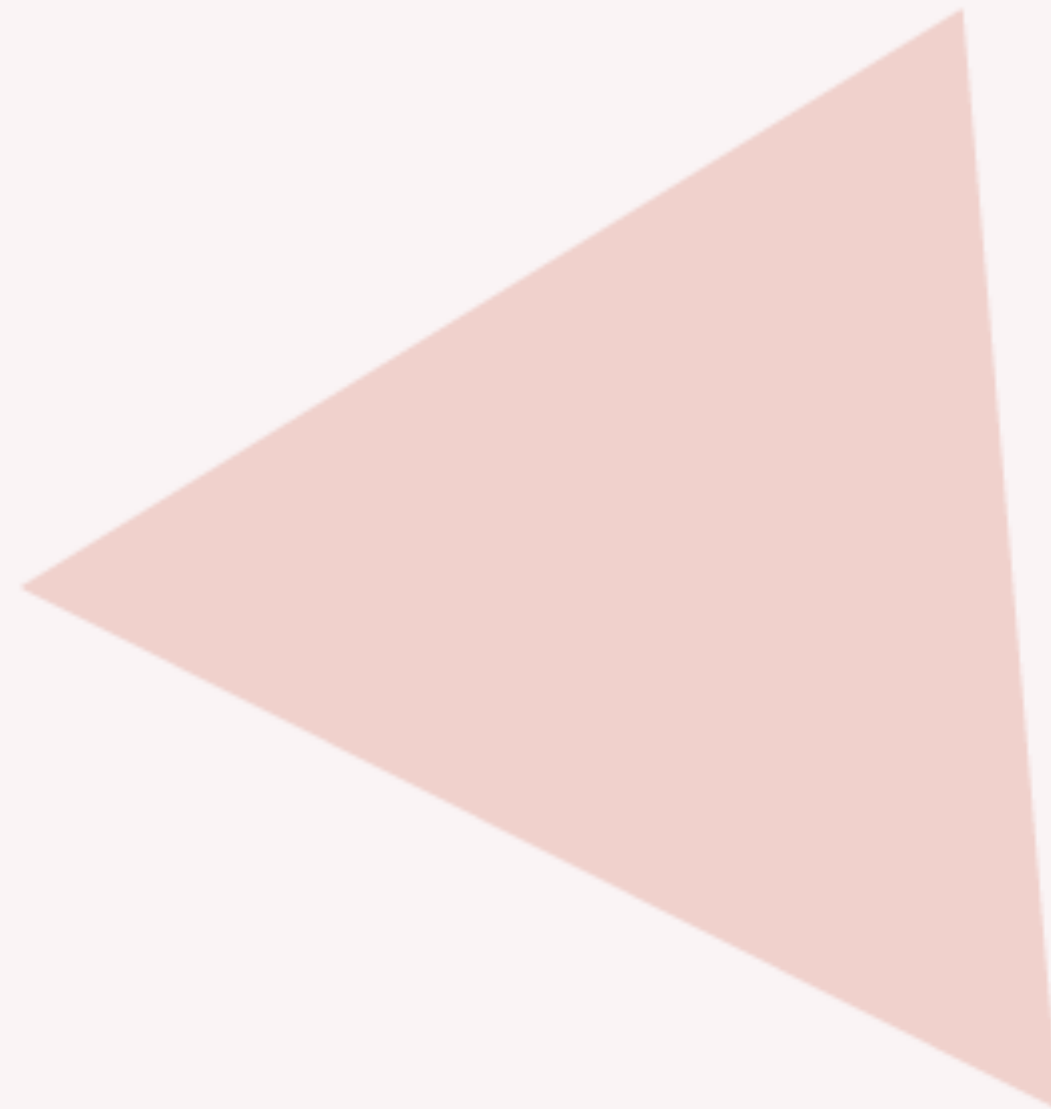






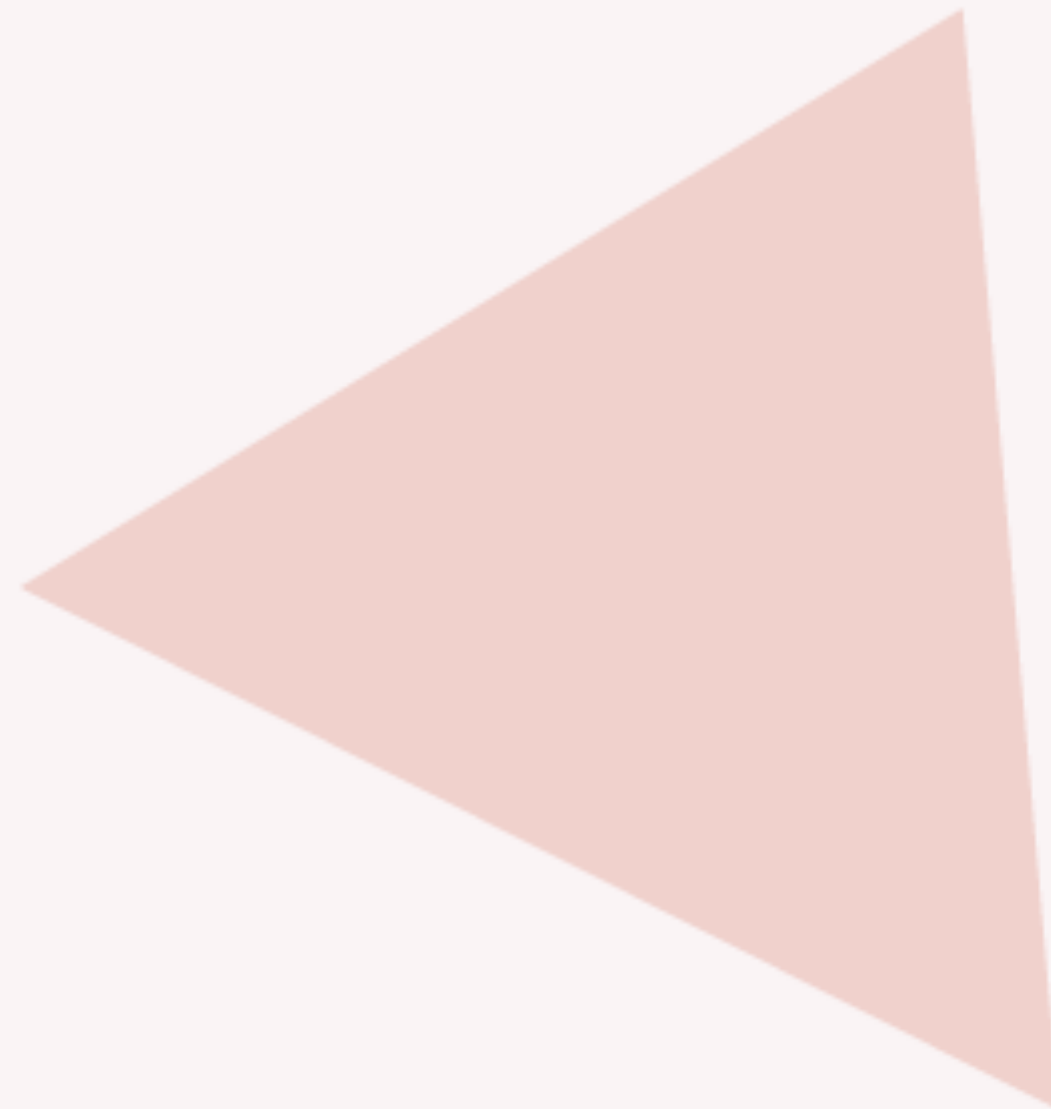
1 Samuel 17

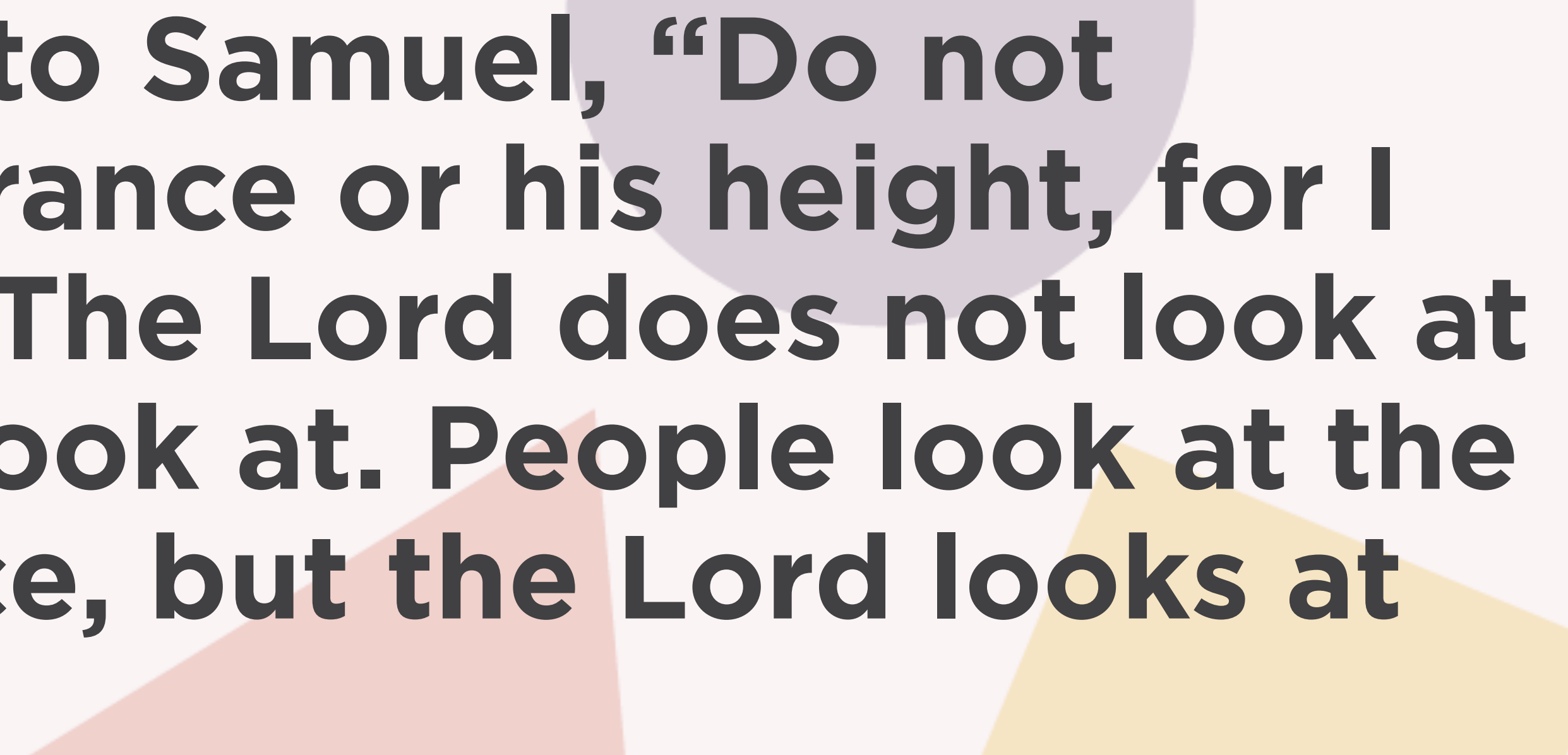
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1 Samuel 16

page 196





“But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”

1 Samuel 16:7



“...God judges persons differently than humans do. Men and women look at the face; God looks into the heart.”

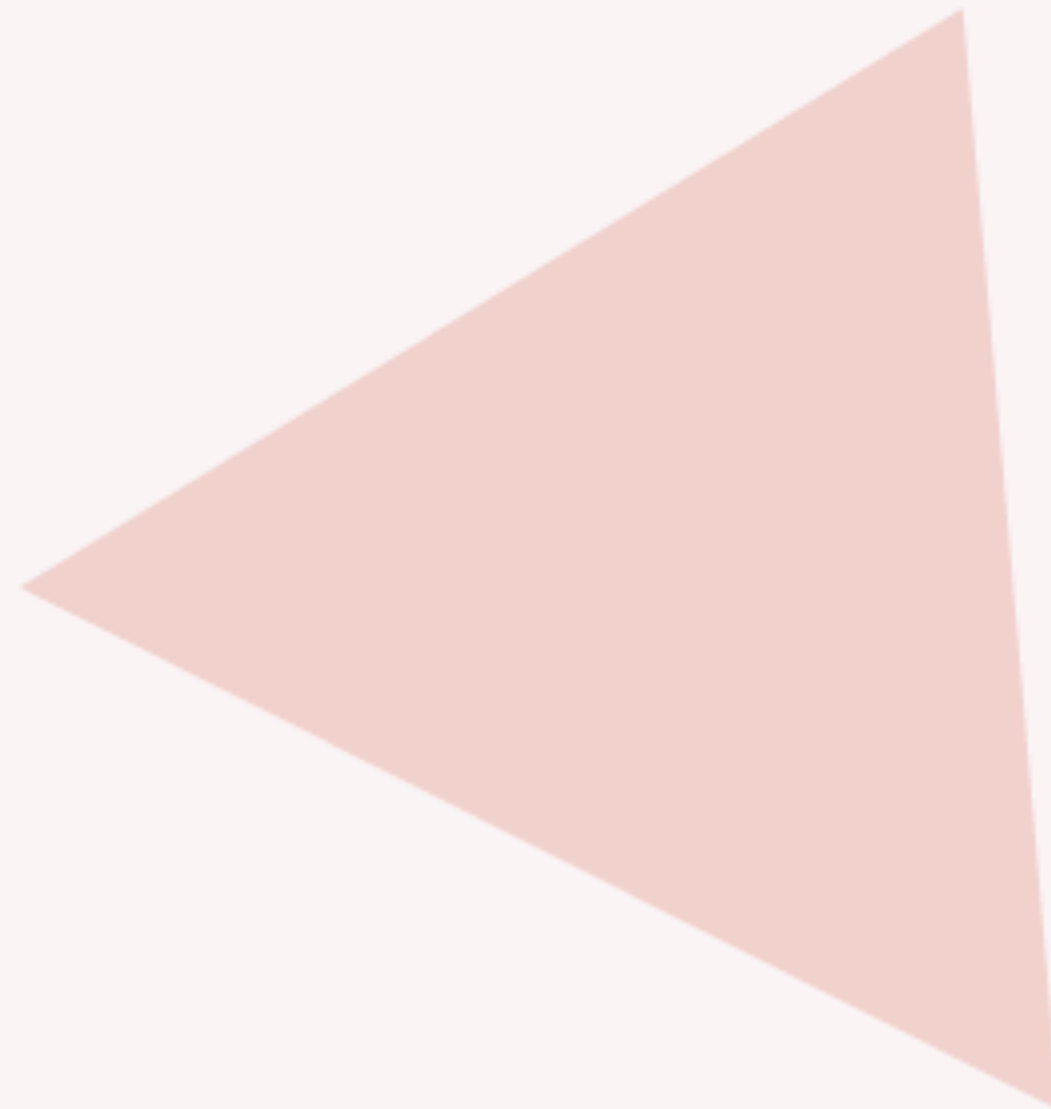
1 Samuel 16:7 (The Message)

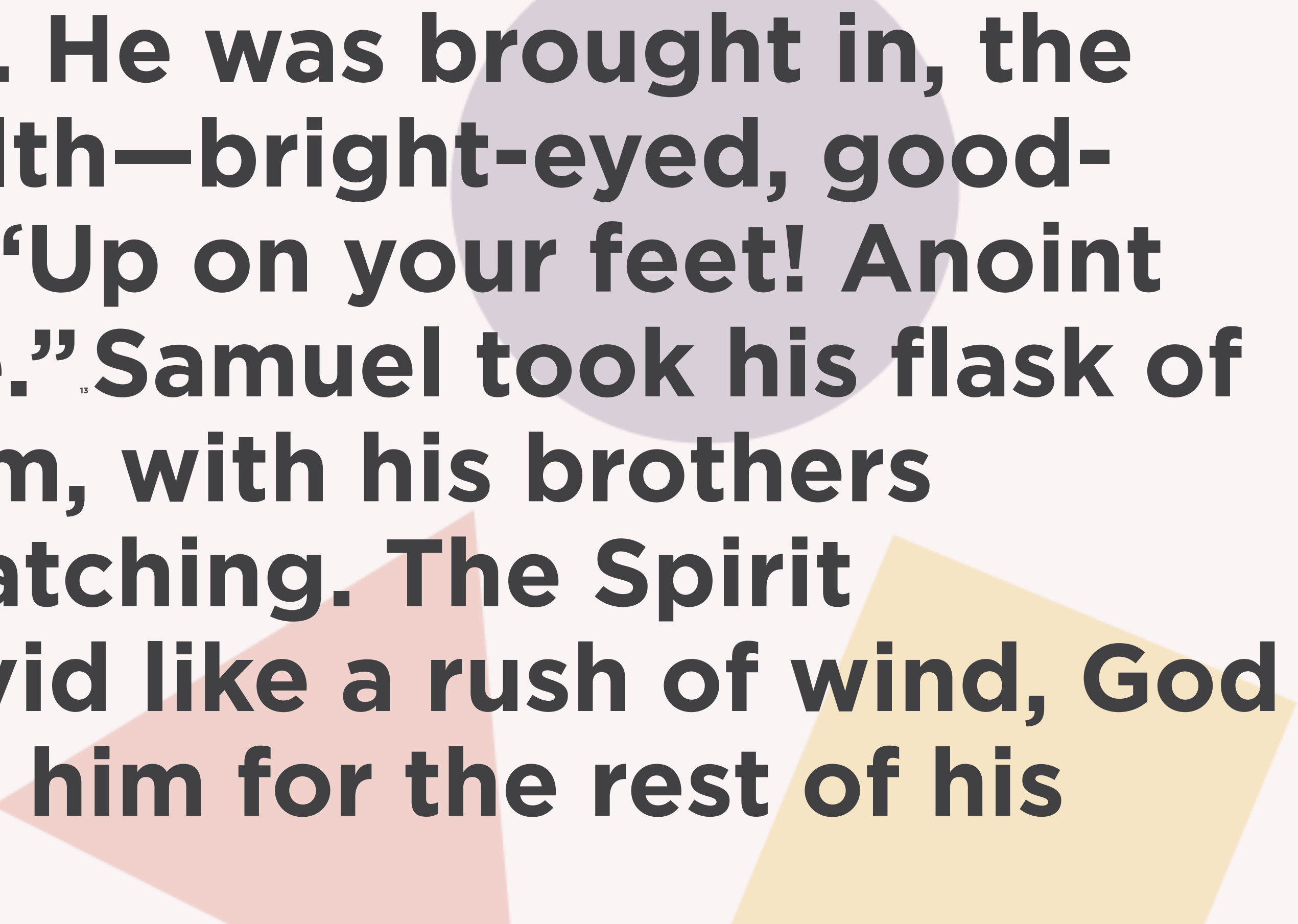


Whose judgement matters to you more?

1 Samuel 16

page 196





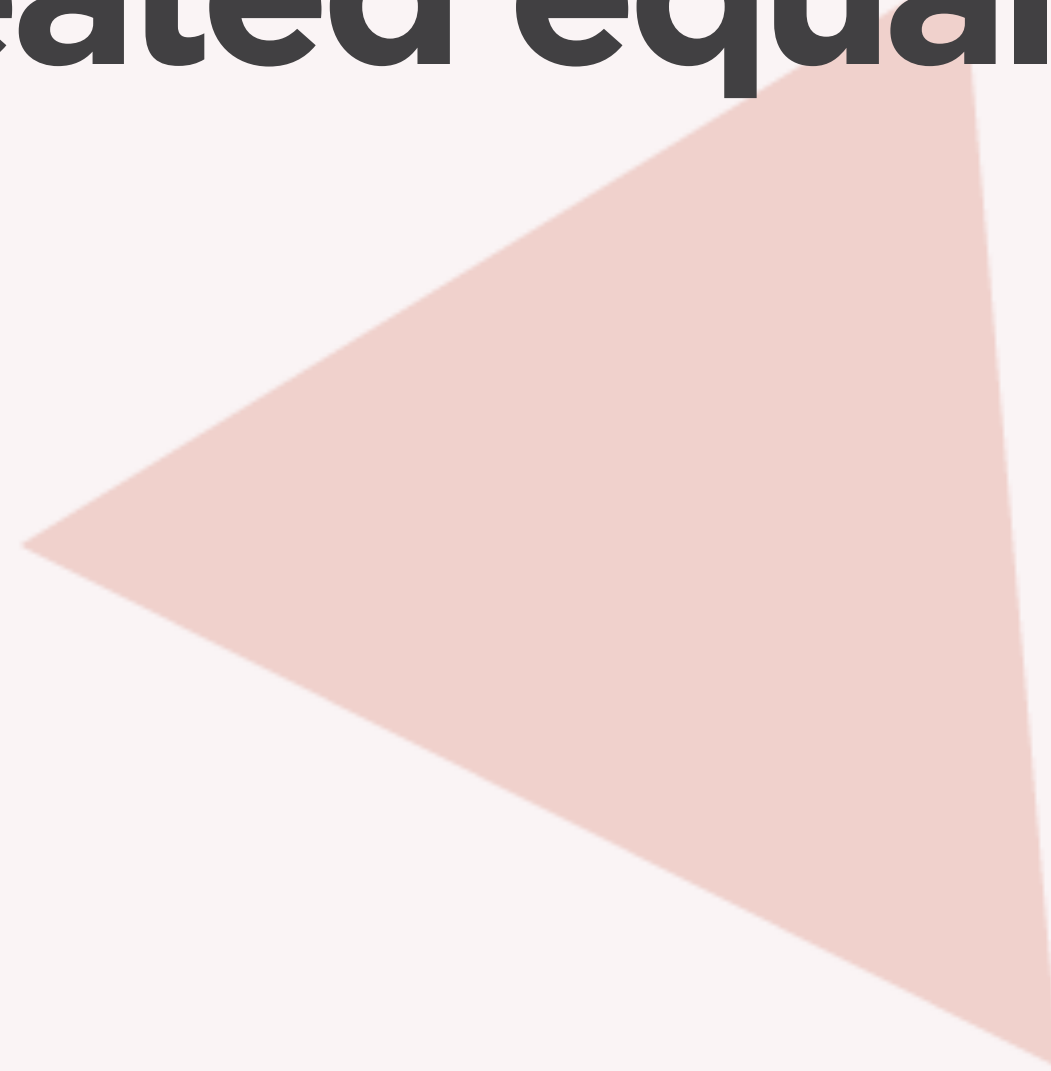
“Jesse sent for him. He was brought in, the very picture of health—bright-eyed, good-looking. God said, “Up on your feet! Anoint him! This is the one.”¹³ Samuel took his flask of oil and anointed him, with his brothers standing around watching. The Spirit of God entered David like a rush of wind, God vitally empowering him for the rest of his life.”

1 Samuel 16:12-13



Can we celebrate the success of others?

We're all created equal...



The image features a minimalist abstract design on a light gray background. A large, solid purple circle is positioned in the upper right quadrant. Below it, a pink triangle and a yellow quadrilateral are placed, their top vertices touching the bottom edge of the purple circle. The text "We're all created equal... sort of" is centered horizontally across the middle of the image, partially overlapping the shapes.

We're all created equal... sort of



**“We have different gifts, according to the
grace given to each of us.”**

Apostle Paul (Romans 12:6)



The Parable of the Talents

The image features a minimalist design on a light gray background. A large, solid purple circle is positioned in the upper right quadrant. In the lower left, there is a solid pink triangle pointing towards the bottom right. To the right of the triangle, in the lower right quadrant, is a solid yellow parallelogram tilted at an angle. Centered horizontally between the triangle and the parallelogram, and slightly below the circle, is the text "unrealistic expectations" in a bold, dark gray sans-serif font.

unrealistic expectations



**You won't lag behind, because you'll have the
speed. You'll pass the whole gang and you'll soon
take the lead.**



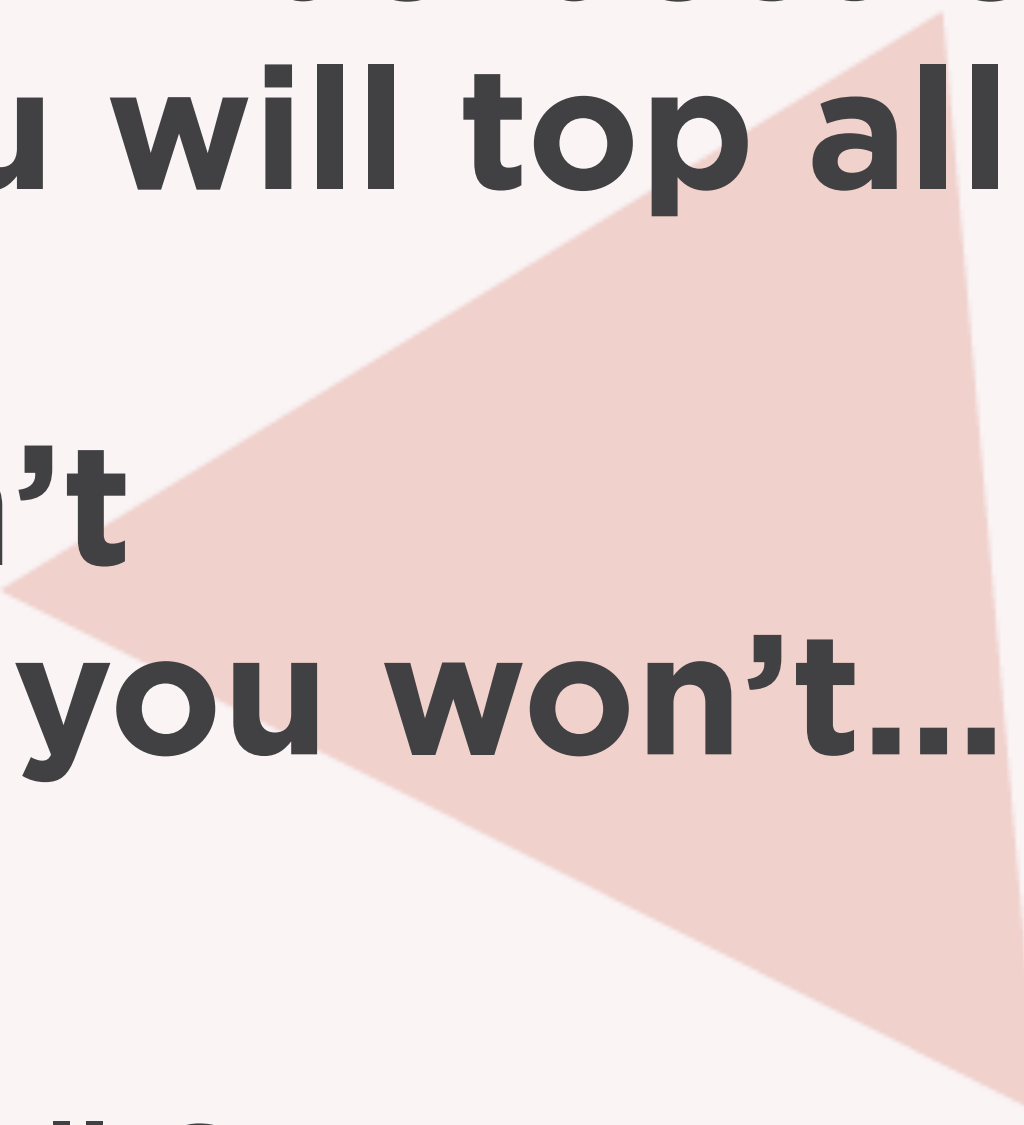
**Wherever you fly, you'll be best of the best.
Wherever you go, you will top all the rest.**

Dr. Seuss, "Oh, The Places You'll Go!"



**You won't lag behind, because you'll have the
speed. You'll pass the whole gang and you'll soon
take the lead.**

**Wherever you fly, you'll be best of the best.
Wherever you go, you will top all the rest.**

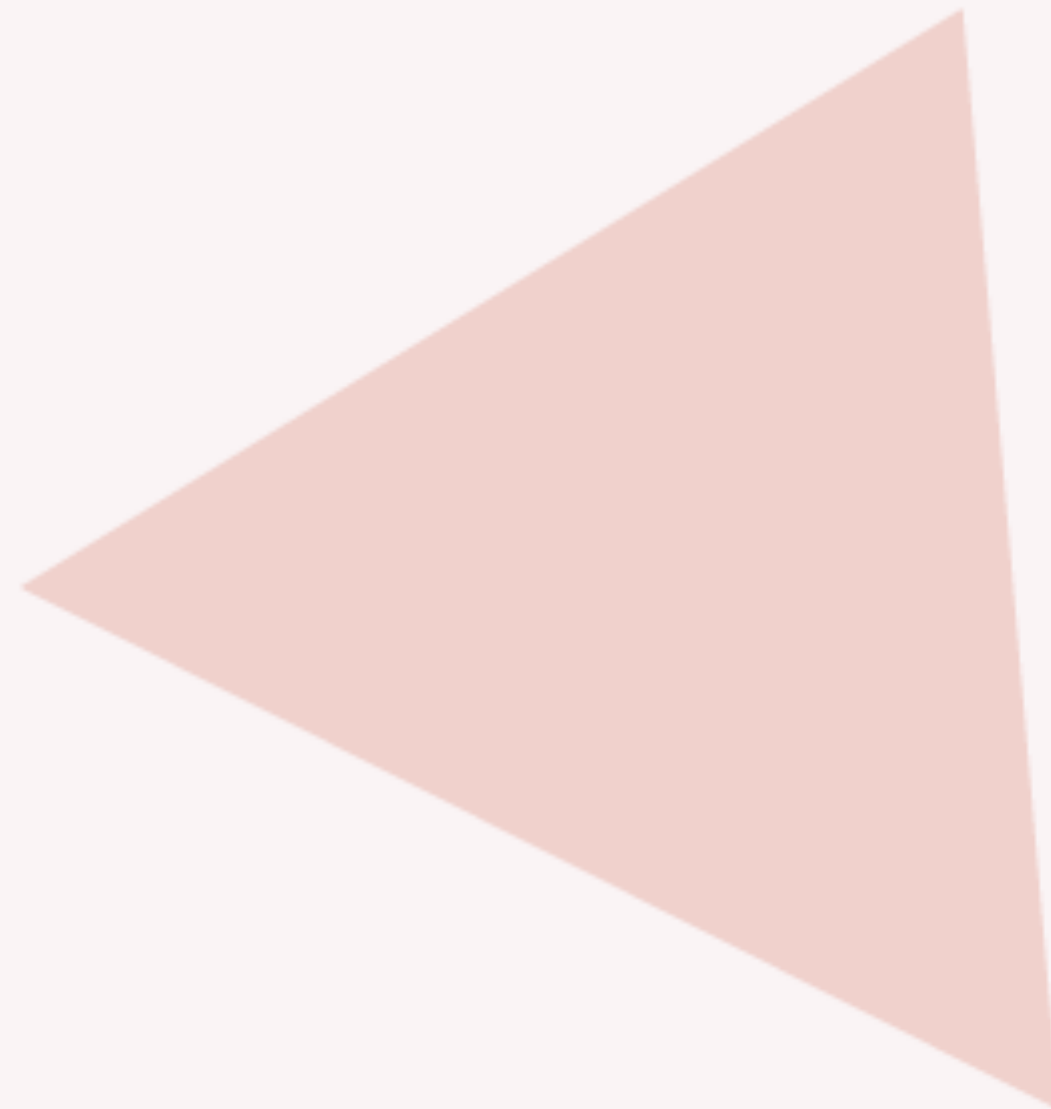


**Except when you don't
Because, sometimes, you won't...**

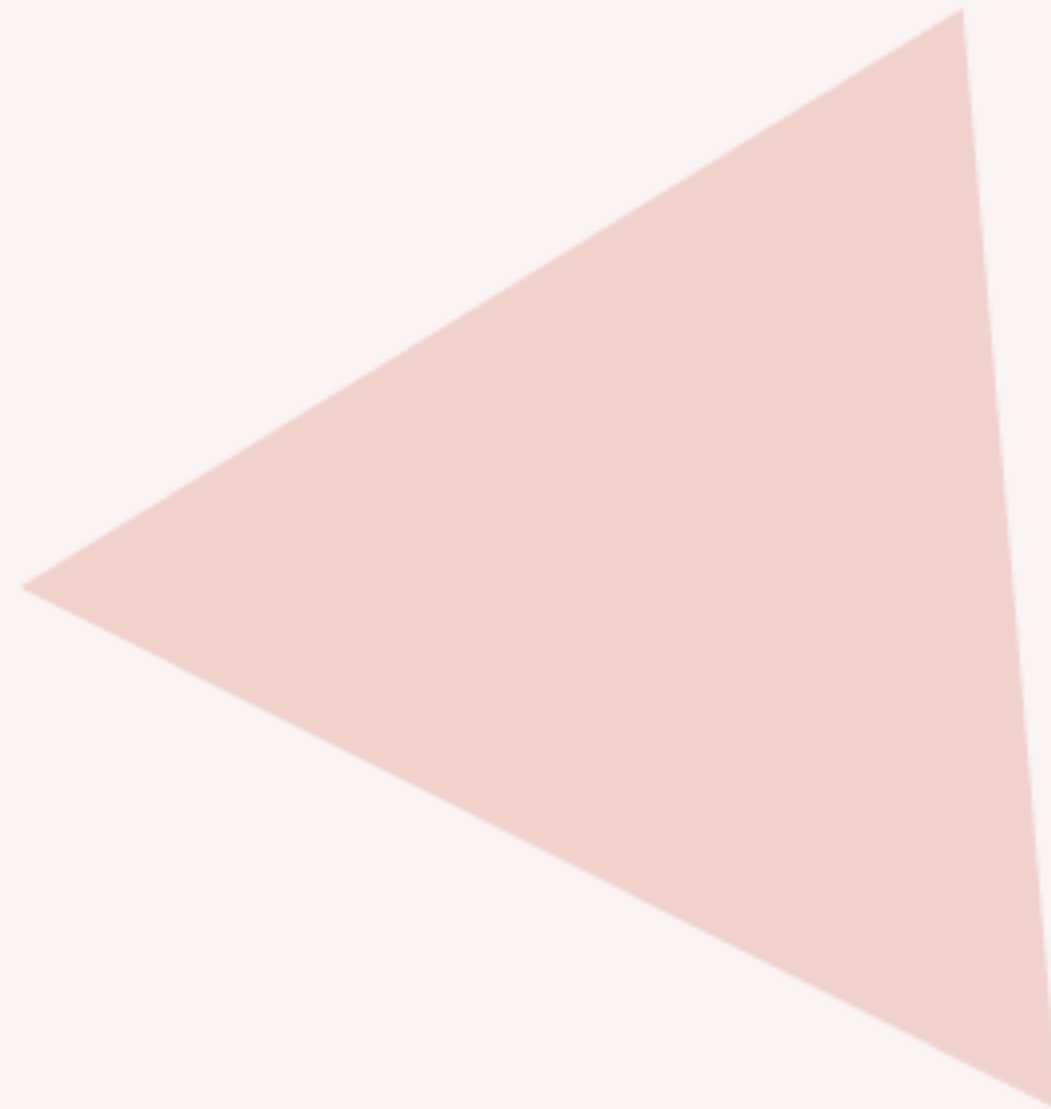


Dr. Seuss, "Oh, The Places You'll Go!"

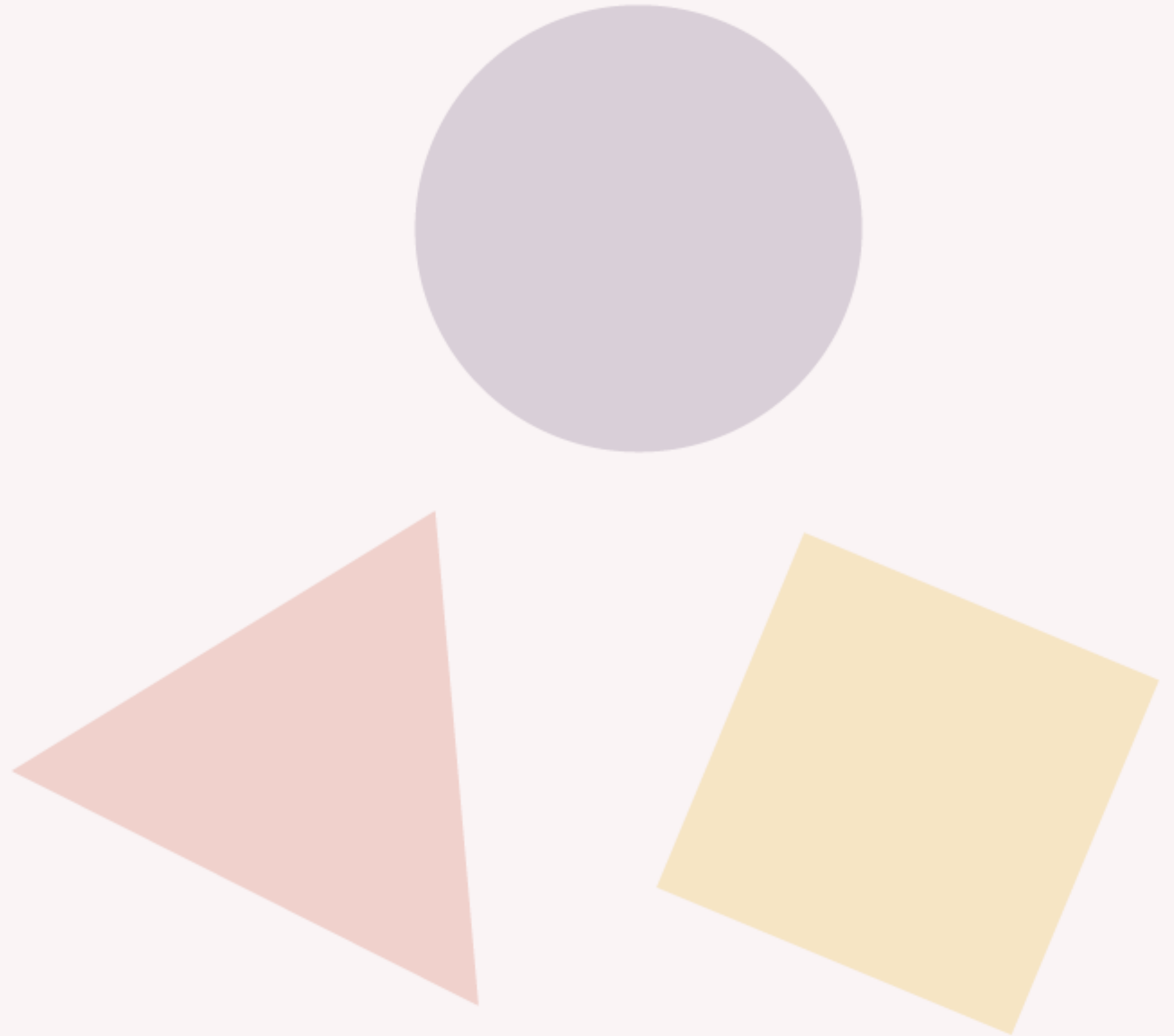
Comparison



Comparison Insecurity



Comparison
Insecurity
Jealousy

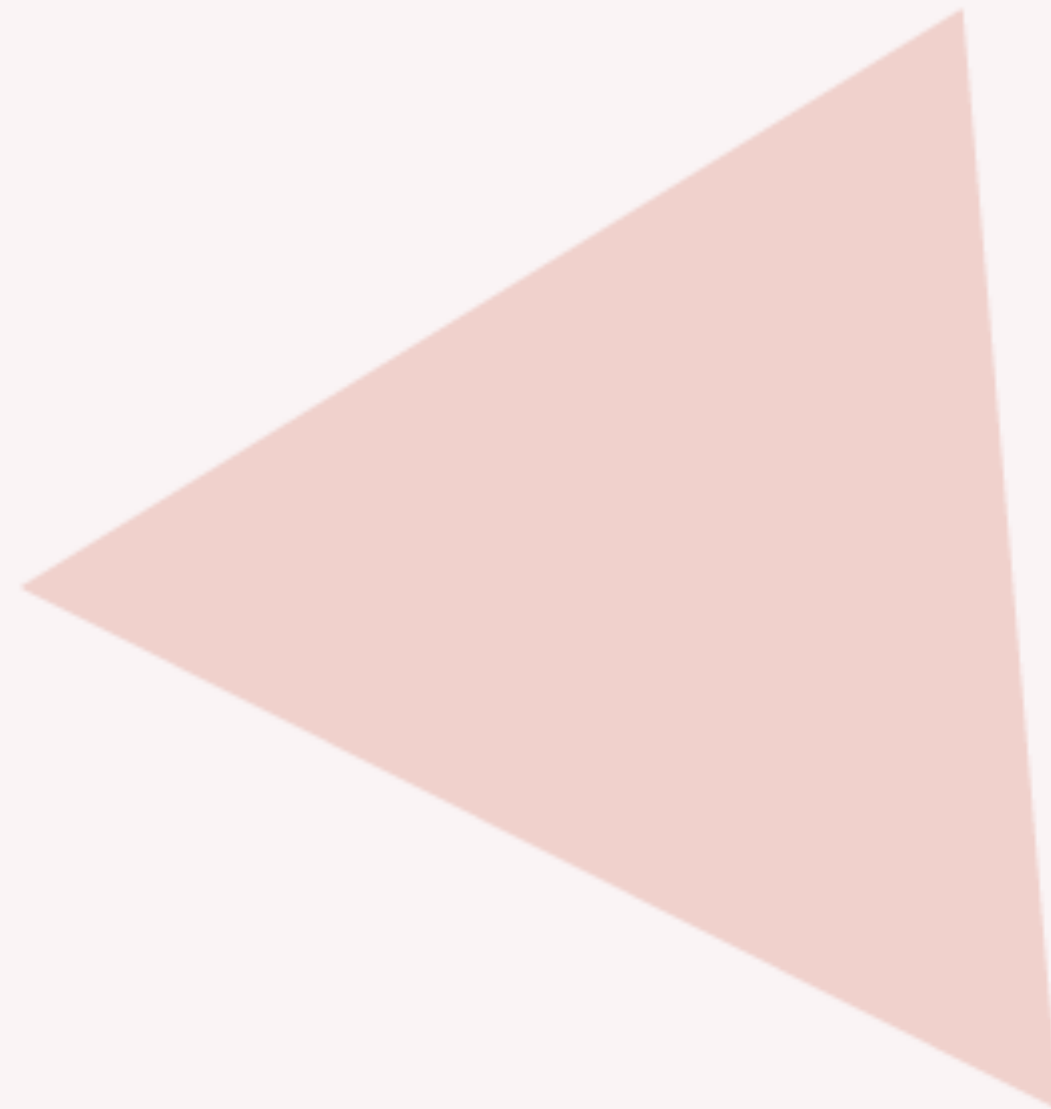


Comparison

Insecurity

Jealousy

Disappointment



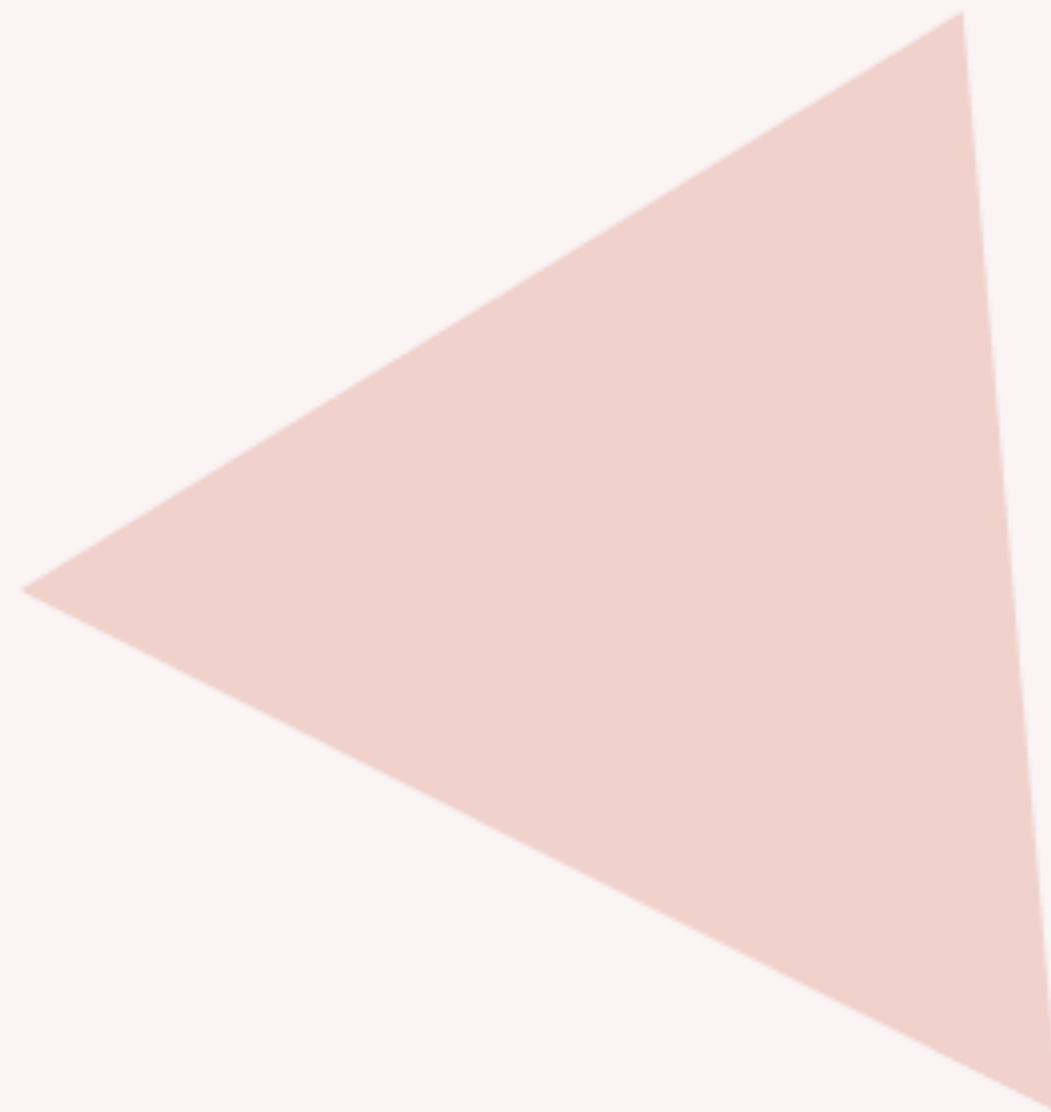
Comparison

Insecurity

Jealousy

Disappointment

Resentment



Comparison

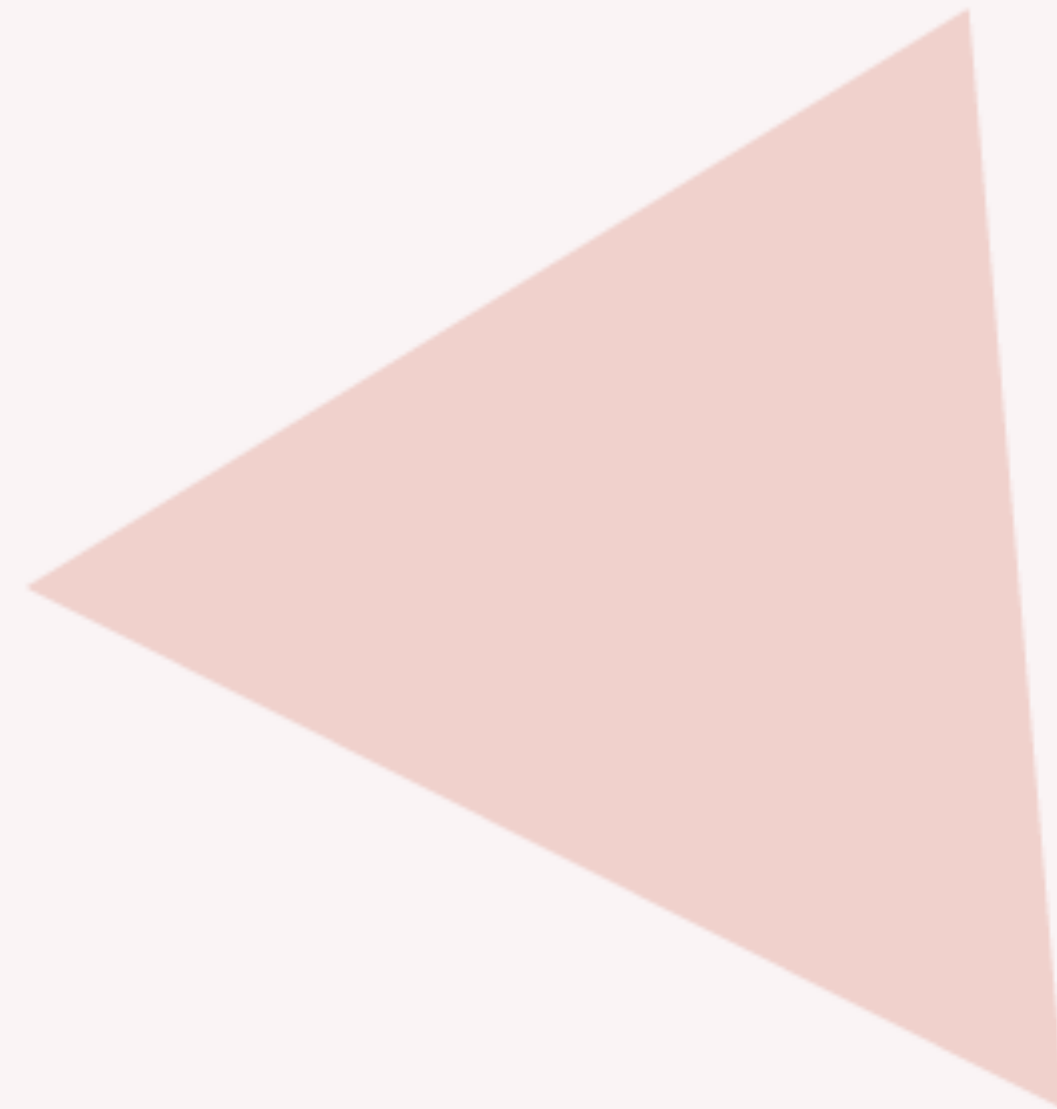
Insecurity

Jealousy

Disappointment

Resentment

Sadness



Identity Calling Limits

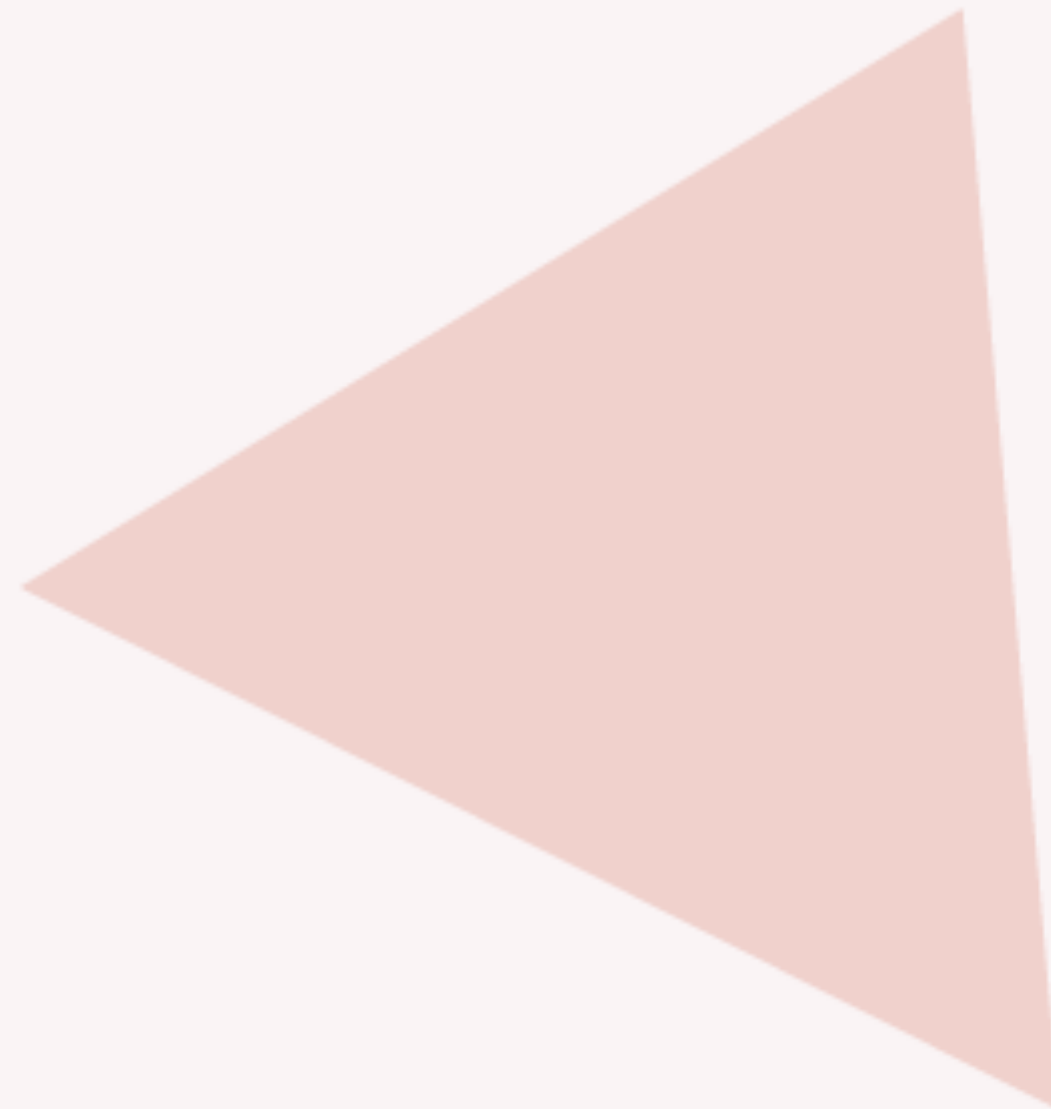


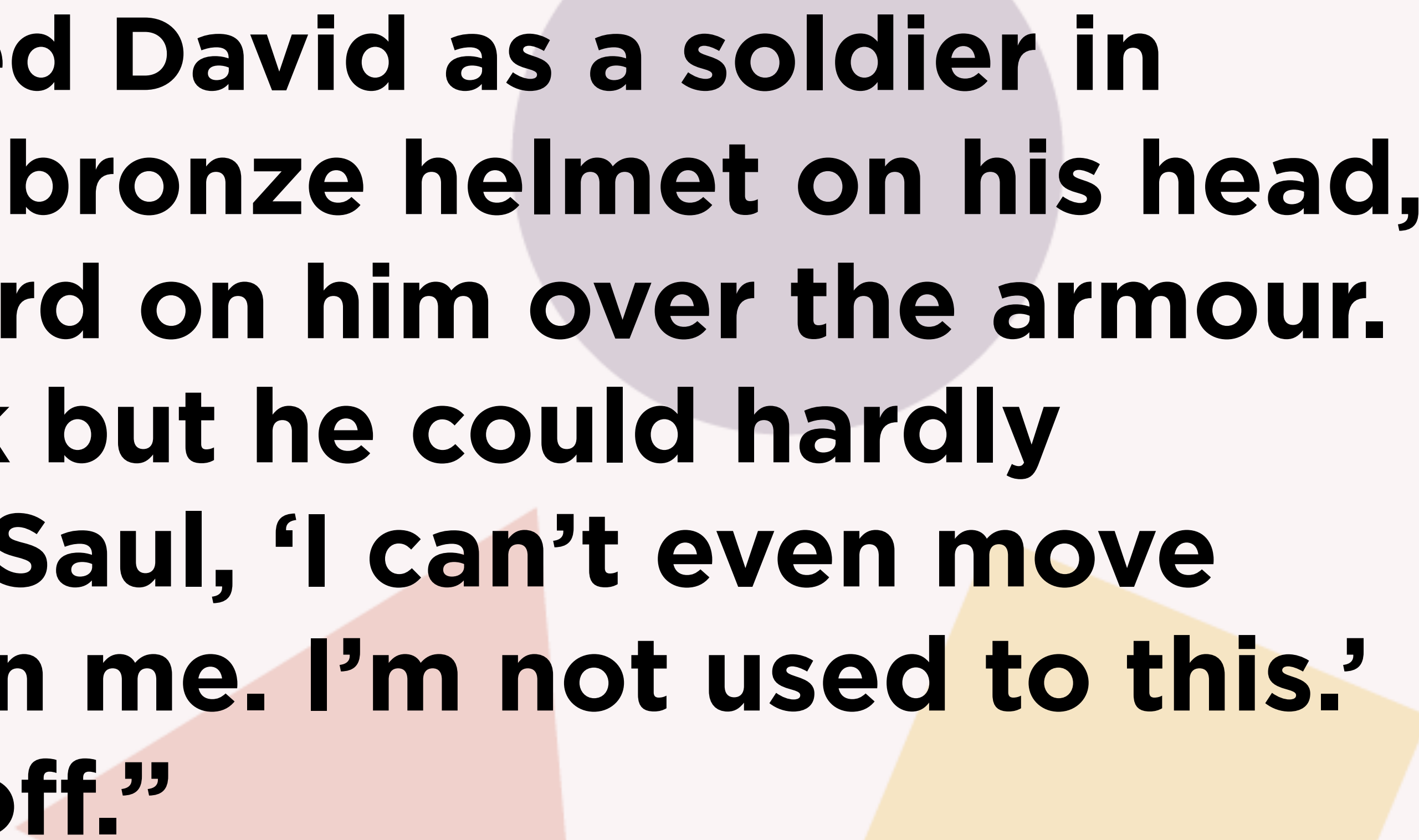


David knew his identity

1 Samuel 17:33-39

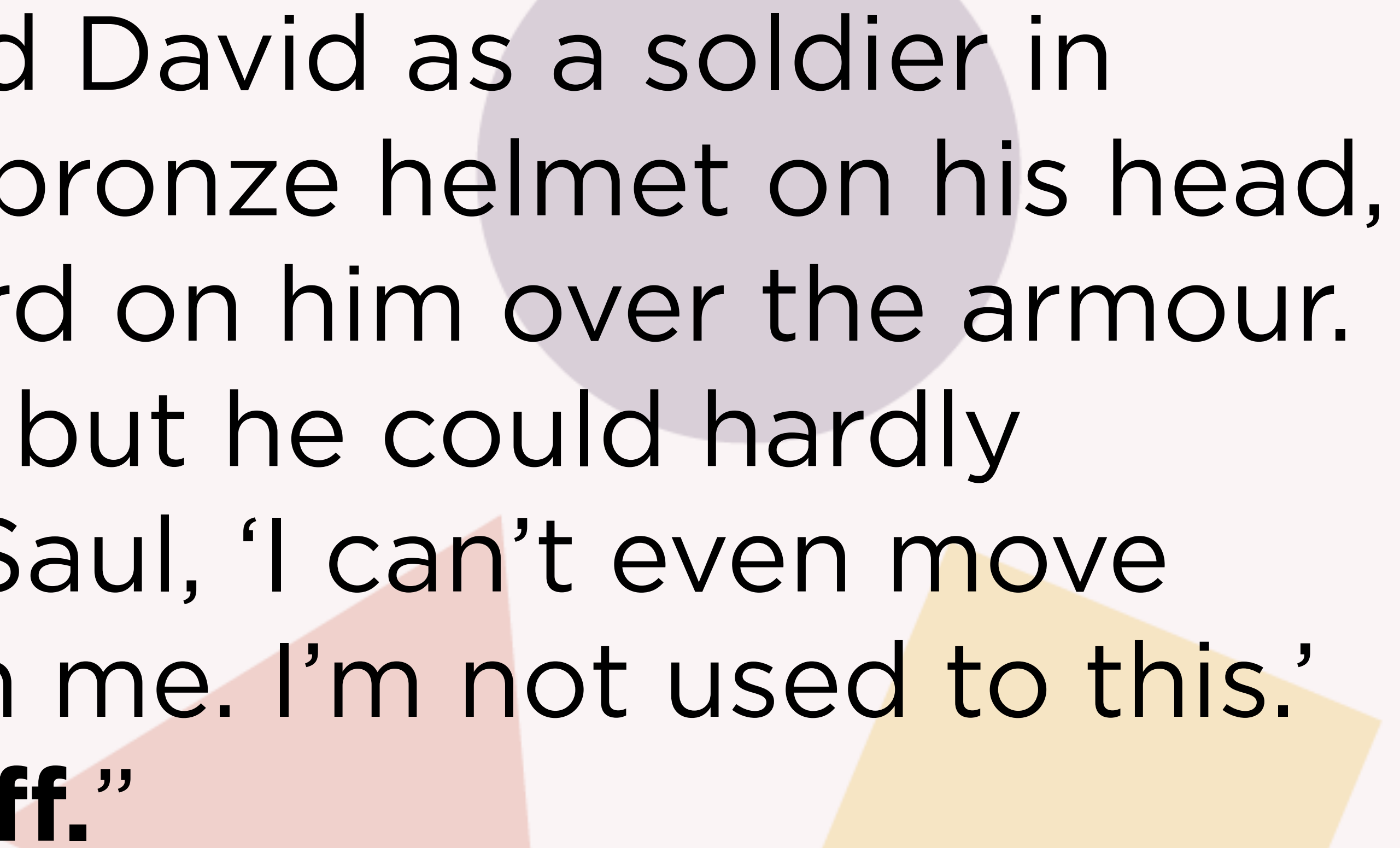
The Message





“Then Saul outfitted David as a soldier in armour. He put his bronze helmet on his head, and belted his sword on him over the armour. David tried to walk but he could hardly budge. David told Saul, ‘I can’t even move with all this stuff on me. I’m not used to this.’ And he took it all off.”

1 Samuel 17:38-39 (The Message)

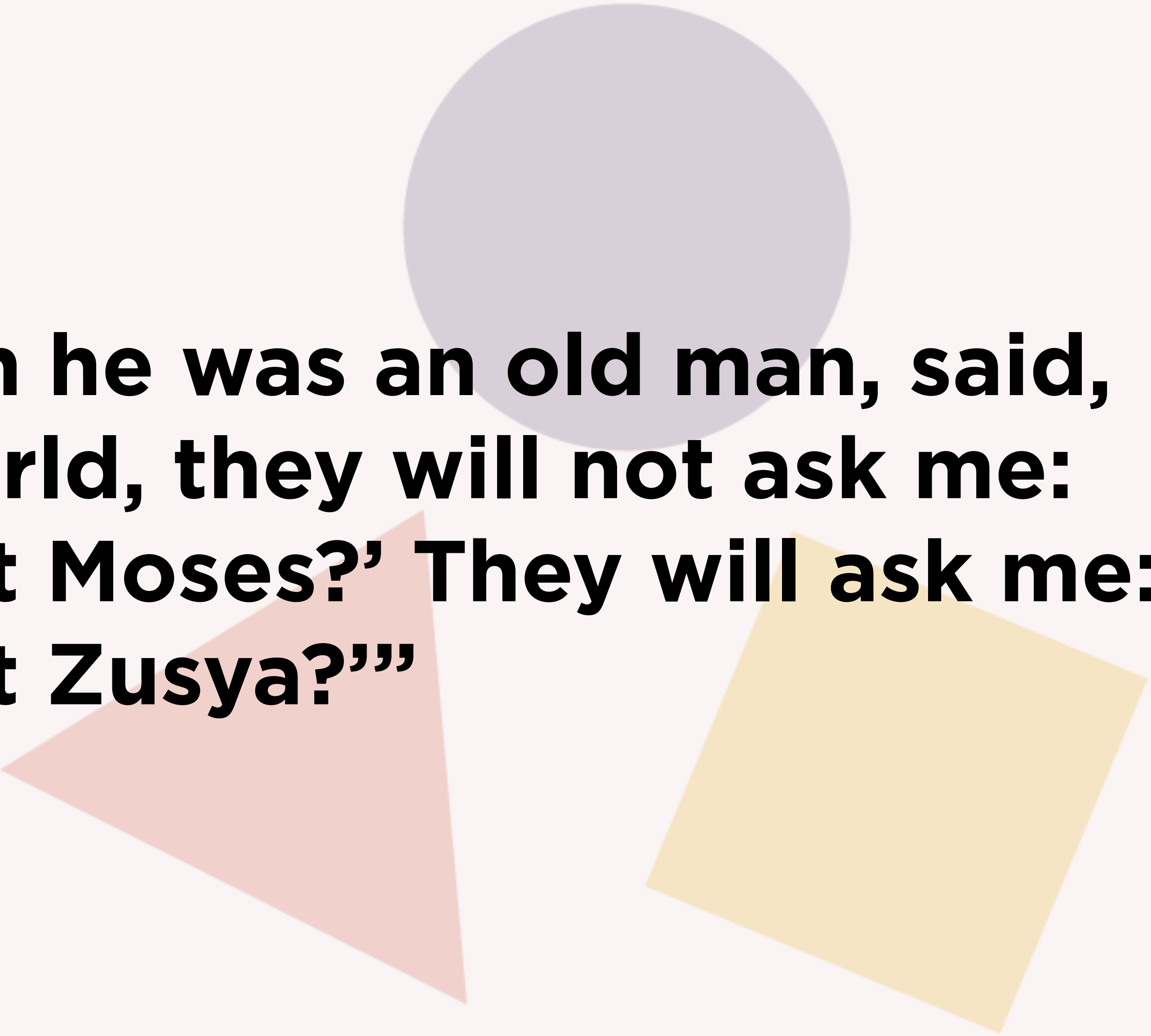


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1 Samuel 17:38-39 (The Message)



“And he took it all off.”




**Rabbi Zusya, when he was an old man, said,
“In the coming world, they will not ask me:
‘Why were you not Moses?’ They will ask me:
‘Why were you not Zusya?’”**

Hassidic Tale



Story of coming to Vancouver



**Now I become myself.
It's taken time, many years and places.
I have been dissolved and shaken,
Worn other people's faces...**

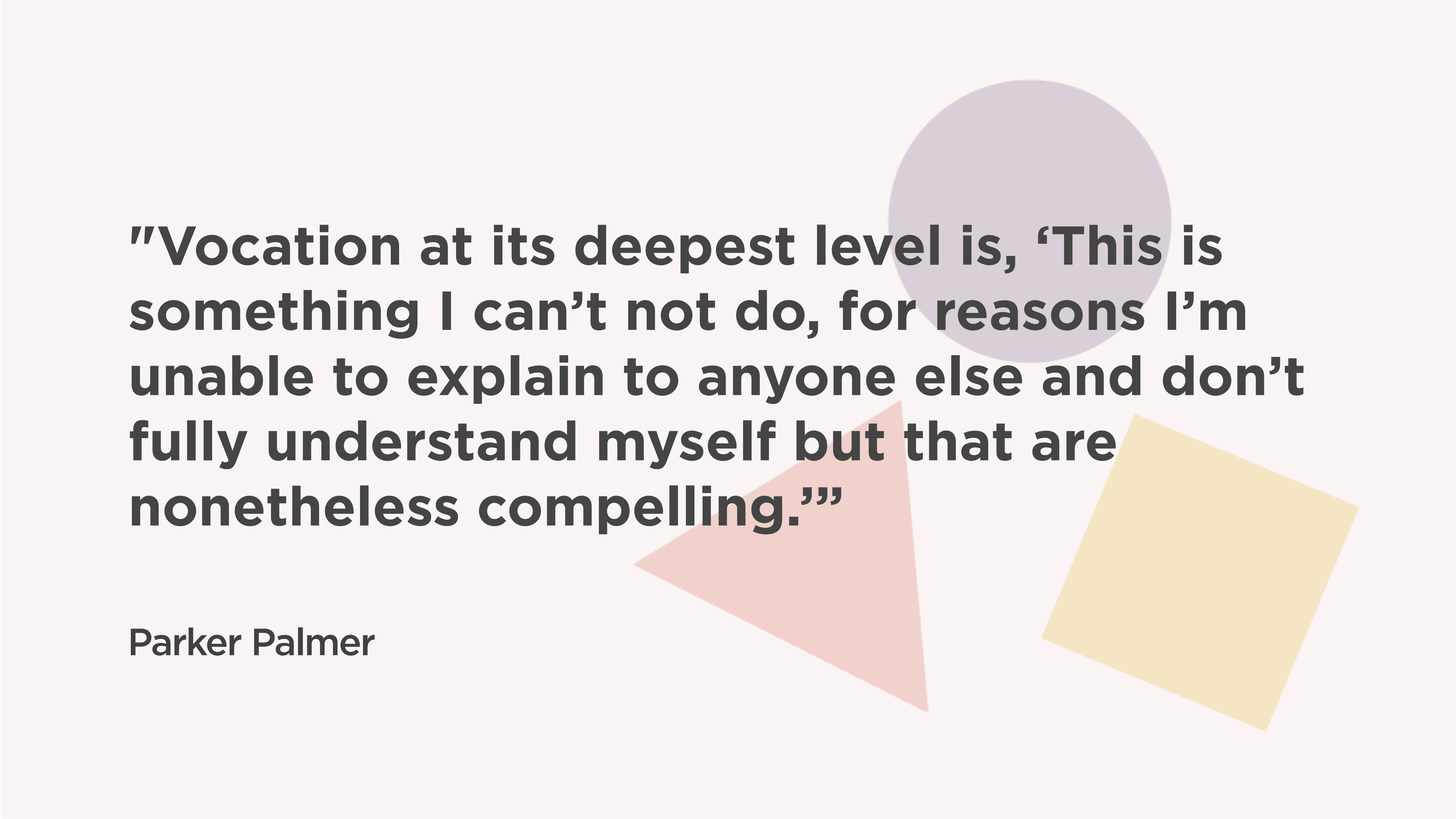
May Sarton



David knew his calling

An abstract composition featuring three geometric shapes: a large purple circle in the upper right, a pink triangle in the lower left, and a yellow parallelogram in the lower right. The word "vocation" is written in a bold, italicized, black font across the center, enclosed in quotation marks.

“vocation”



"Vocation at its deepest level is, 'This is something I can't not do, for reasons I'm unable to explain to anyone else and don't fully understand myself but that are nonetheless compelling.'"

Parker Palmer

The image features a minimalist design on a light gray background. In the upper right, there is a large, solid purple circle. In the lower left, there is a medium-sized, solid pink triangle. In the lower right, there is a medium-sized, solid yellow quadrilateral. The text "David knew his limits" is centered horizontally between the circle and the shapes below it.

David knew his limits

A purple circle is positioned in the upper right quadrant. A pink triangle is located in the lower left quadrant, pointing downwards. A yellow parallelogram is situated in the lower right quadrant, tilted to the right.

Story of The Mughal King



presenting our “true self”

BRADLEY
COOPER

ABBIE
CORNISH

ROBERT
AND DENIRO

UNLOCK YOUR
POTENTIAL

CLEAR PILL

EVERYTHING IS POSSIBLE

LIMITLESS

WHEN YOU OPEN YOUR MIND

RELATIVITY PRESENTS IN ASSOCIATION WITH VIRGIN PRODUCED A ROGUE PRODUCTION A MANY RIVERS / BOY OF THE YEAR PRODUCTION IN ASSOCIATION WITH INTERMEDIA FILM A NEIL BURGER FILM BRADLEY COOPER ABBIE CORNISH AND ROBERT DE NIRO
"LIMITLESS" ANDREW HOWARD ANNA FRIEL CASTING BY DOUGLAS AIBEL MUSIC BY PAUL LEONARD-MORGAN COSTUME DESIGNER JENNY GERING EDITOR NAOMI GERAGHTY TRACY ADAMS PRODUCTION DESIGNER PATRIZIA VON BRANDENSTEIN
DIRECTOR OF PHOTOGRAPHY JO WILLIAMS PRODUCED BY PATTY LONG CO-PRODUCER KENNETH HALSBAND EXECUTIVE PRODUCERS TUCKER TOOLEY BRADLEY COOPER JASON FELTS PRODUCED BY LESLIE DIXON SCOTT KROOP RYAN KAVANAUGH BASED UPON "THE DARK FIELDS" BY ALAN GLYNN
ROGUE produced by RELATIVITY limitlessness-movie.co.uk SCREENPLAY BY LESLIE DIXON DIRECTED BY NEIL BURGER momentum ALLIANCE



Knowing your limitations



**“...understanding the material you are
working with.”**

Parker Palmer



Emotionally Healthy Spirituality

UPDATED EDITION

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE

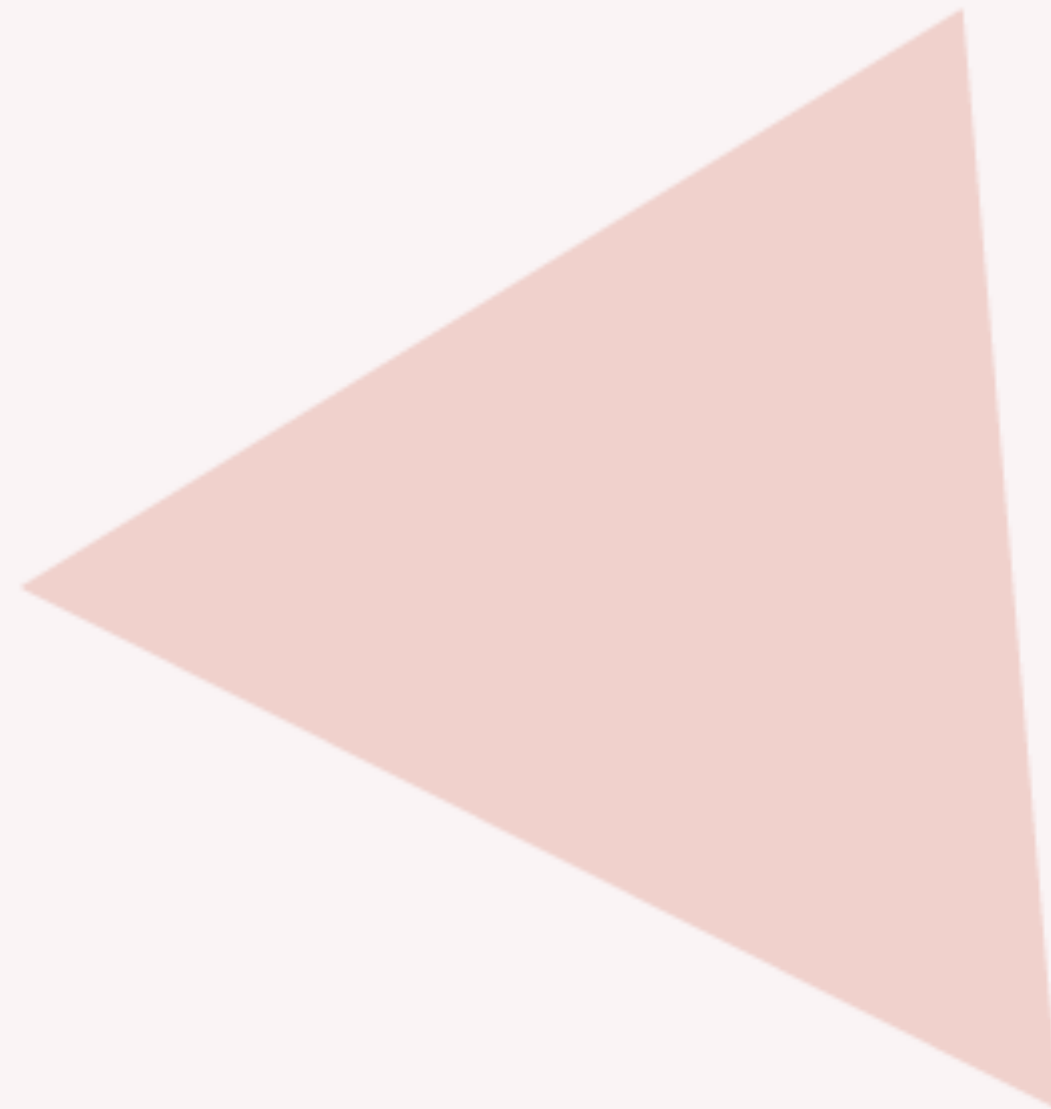


Peter Scazzero

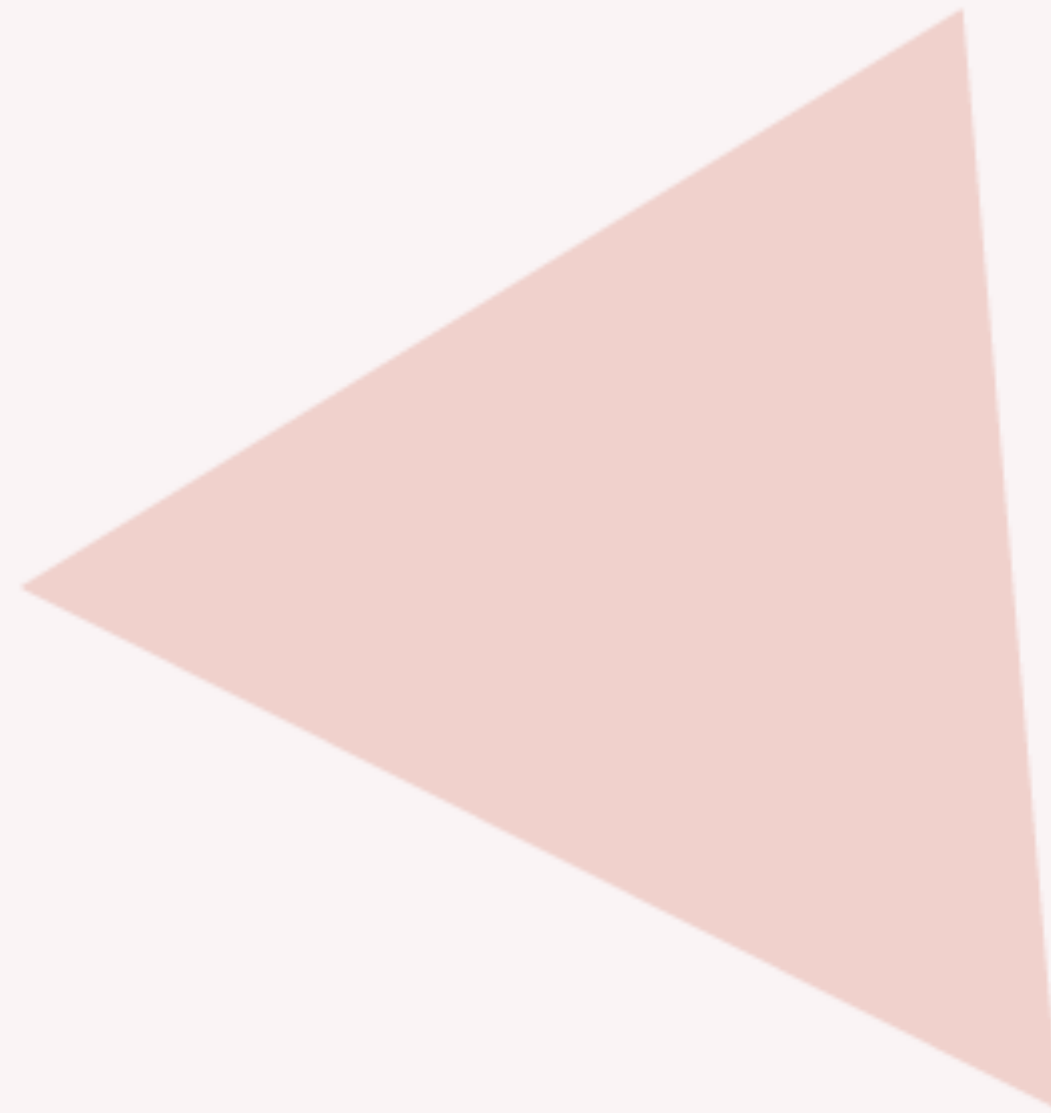
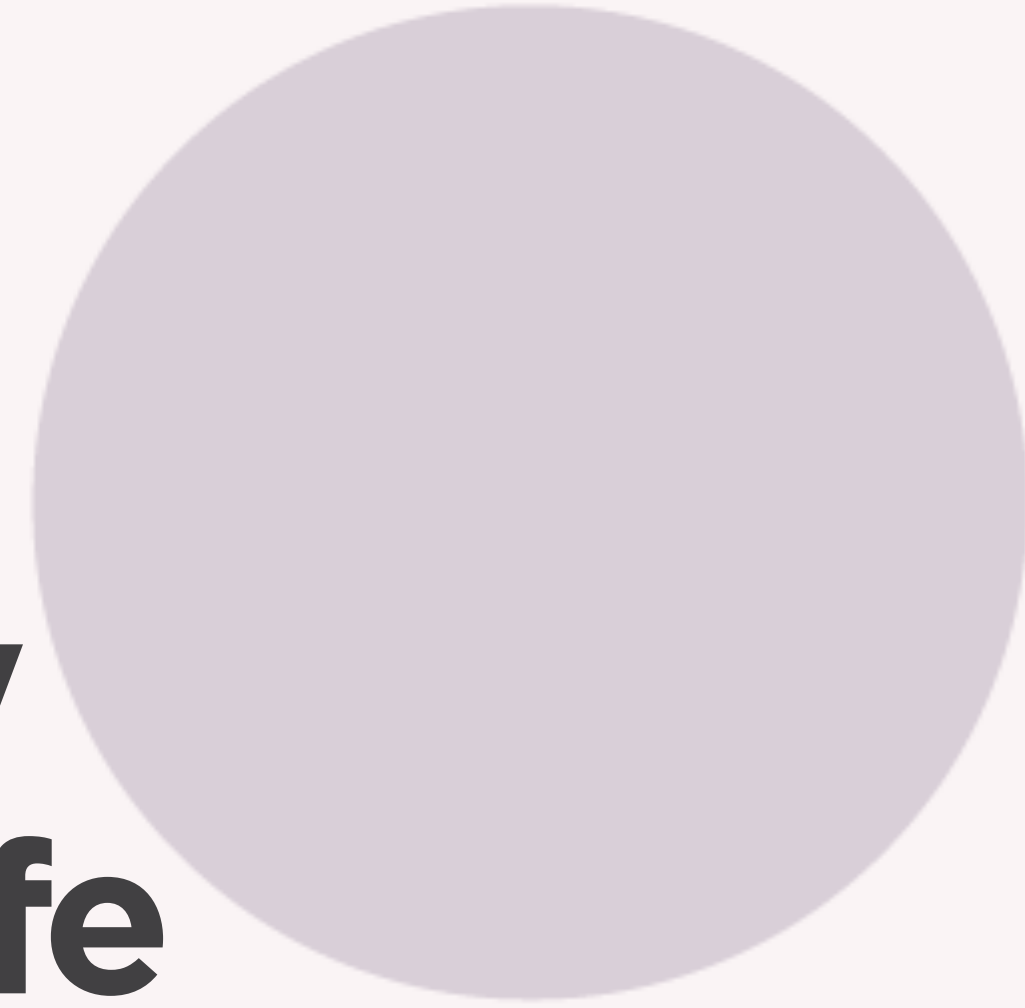


Learning to discern your limitations

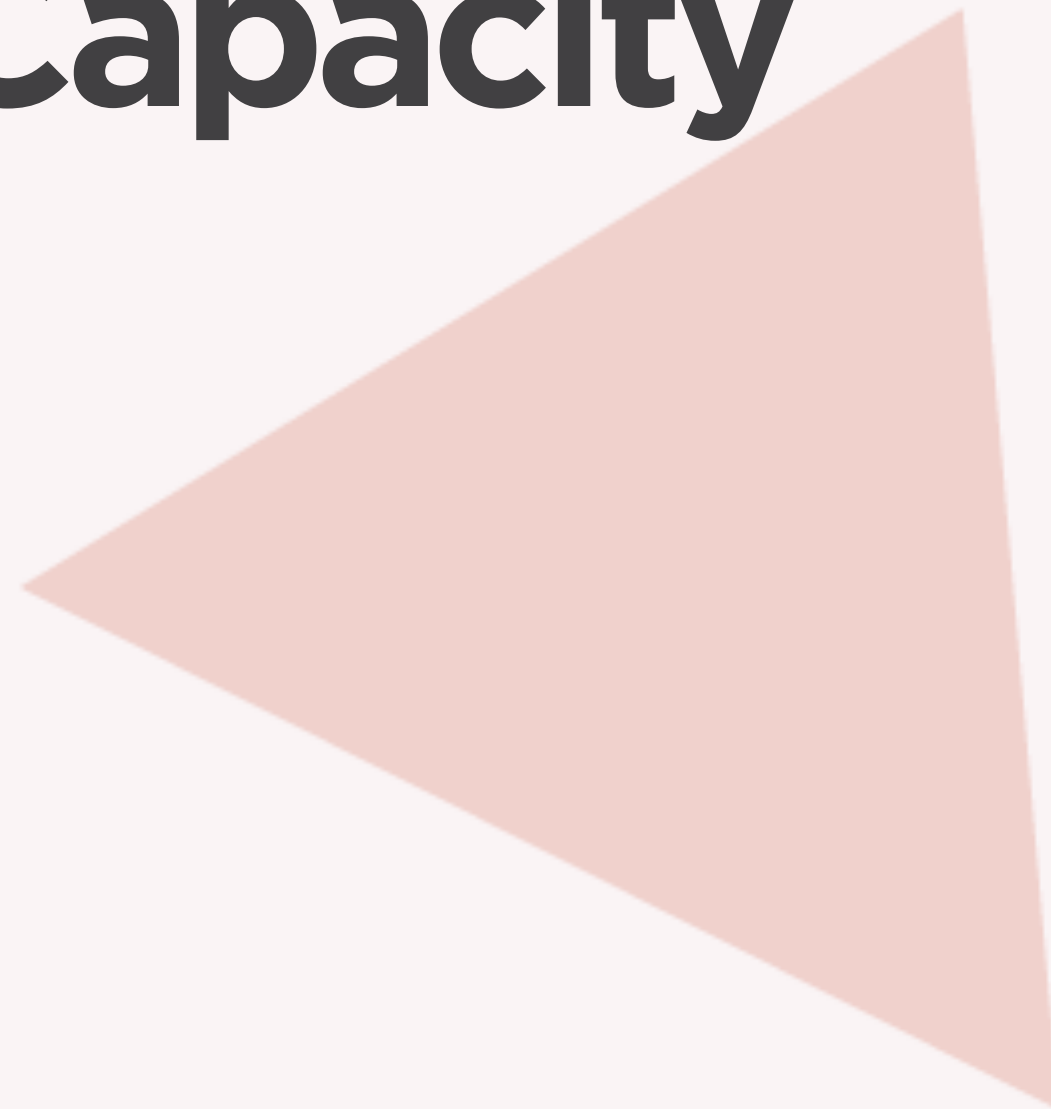
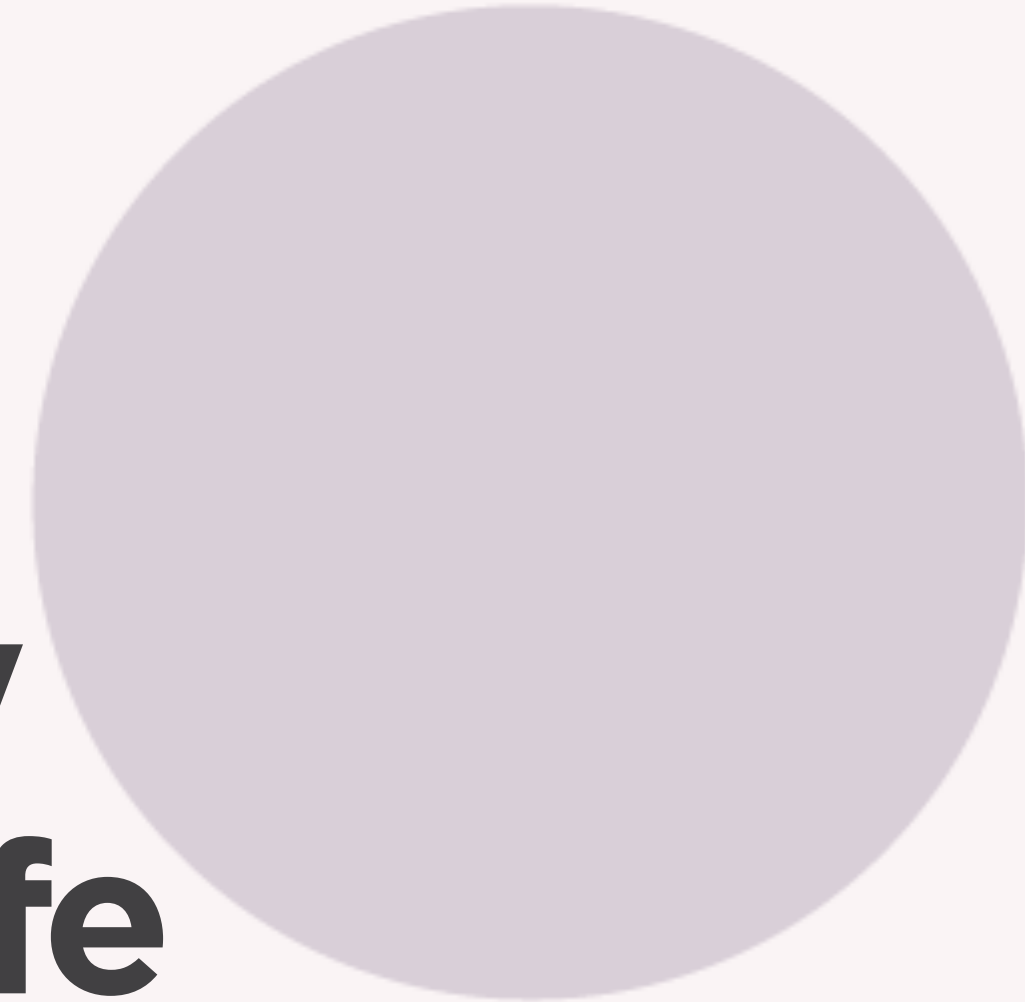
Personality



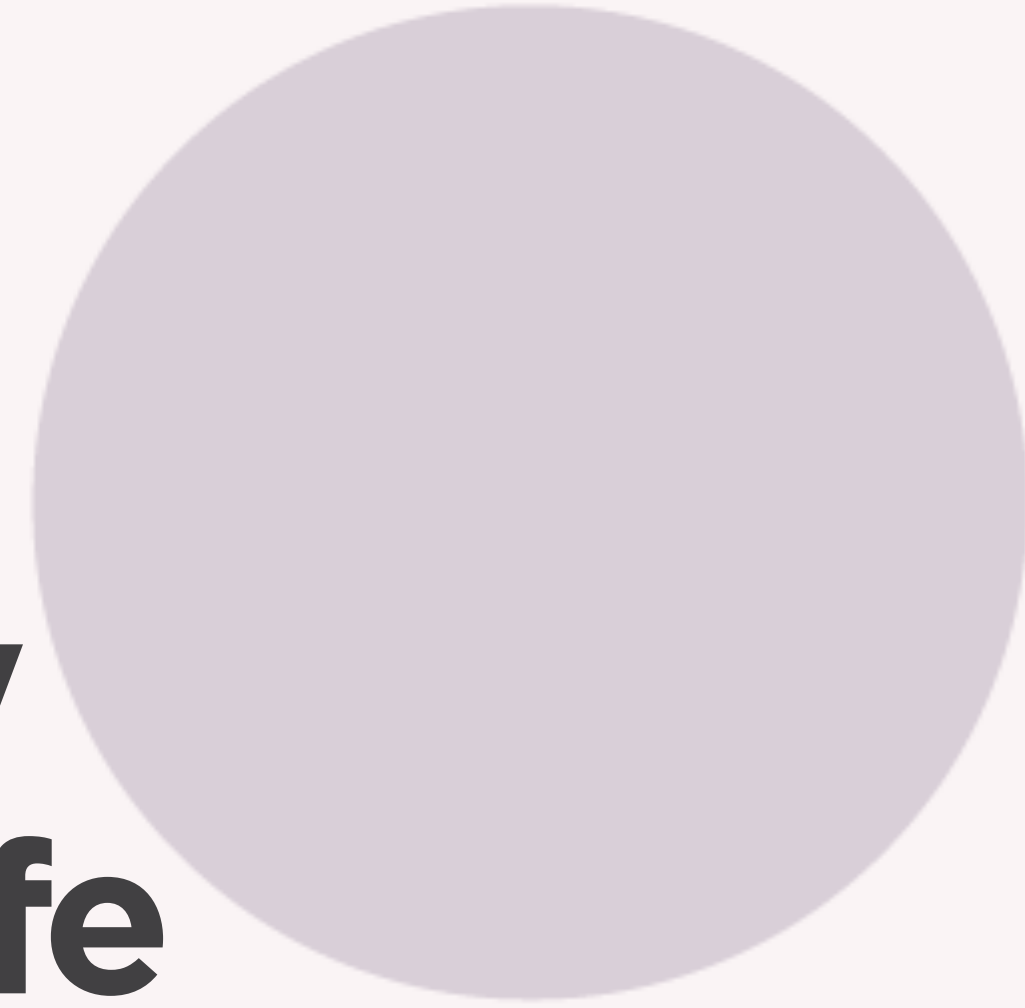
Personality Season of Life




Personality Season of Life Capacity



Personality
Season of Life
Capacity
“Difficult” Emotions





**Personality
Season of Life
Capacity
“Difficult” Emotions
Scars & Wounds**



Knowing our limitations



Knowing our limitations
Growing through our limitations

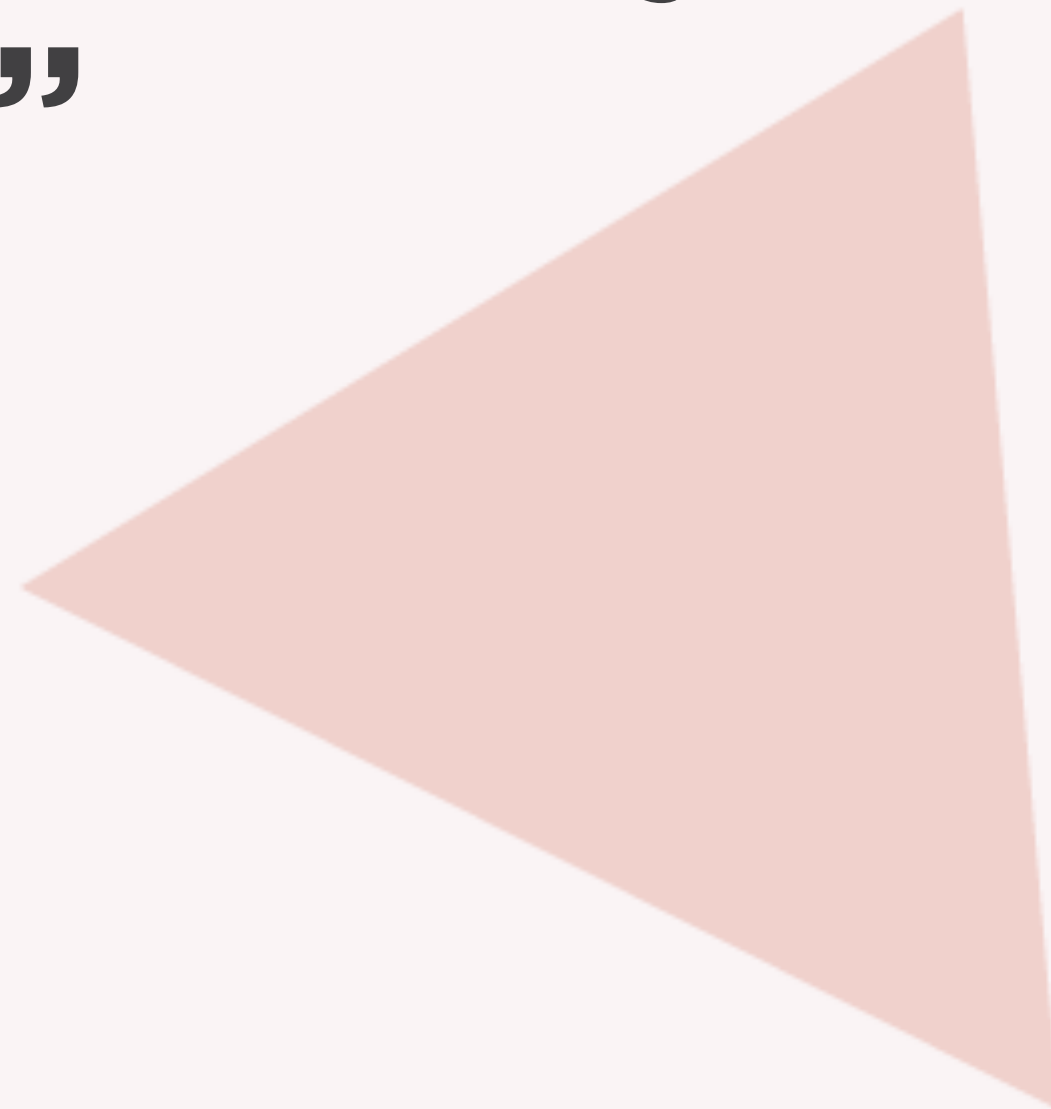



Knowing our limitations
Growing through our limitations
God working through our limitations



“If I find Him, I will find myself. If I find my true self, I will find Him.”

Thomas Merton





“So since we find ourselves fashioned into all these excellently formed and marvellously functioning parts in Christ’s body, let’s just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren’t.”

Romans 12:3-6a (The Message)

Questions for Reflection:

- What pieces of armour have I been tempted to put on? What is God calling me to take off? What is He replacing it with or affirming in me?
- Does the way in which I am living my life right now fit with my God-given nature? My “true self”?
- Am I being faithful to my God-given talents and my unique story?
- Am I being honest with who I am? My strengths/weaknesses? My limits?