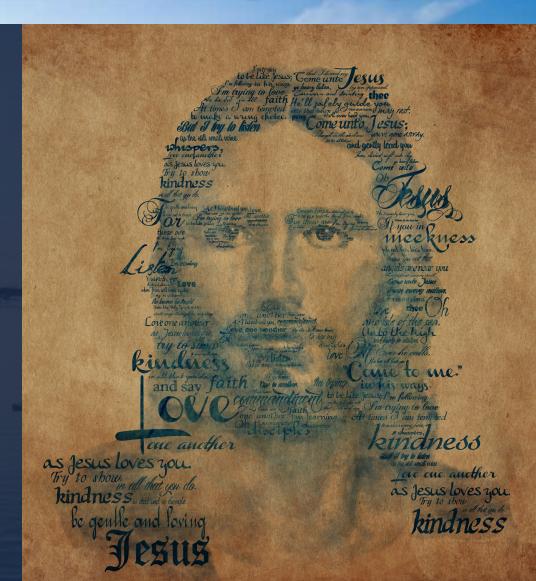


BECONFINATIONS

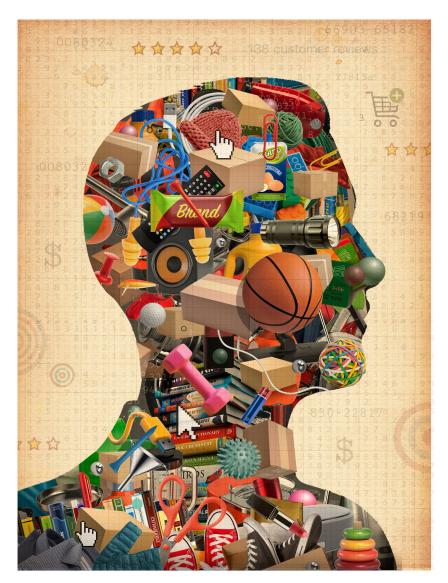
THE PRACTICES OF A DISCIPLE:

- 1. BE WITH JESUS
- 2. BECOME LIKE JESUS
 3. DO WHAT JESUS DID

WHAT DOES IT MEAN FOR YOU, TO BECOME LIKE JESUS? HOW DOES IT HAPPEN?



BOREDOM TO ENGAGEMENT



"The monotony and solitude of a quiet life stimulates the creative mind."

- Albert Einstein -







wherever you go, there you are

> Wherever you are, be all there.

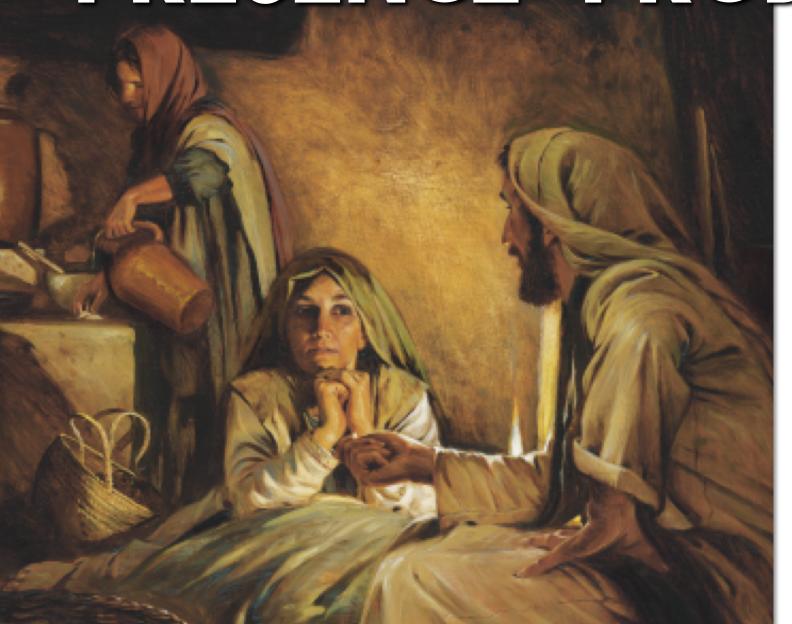
- Dim Elliot

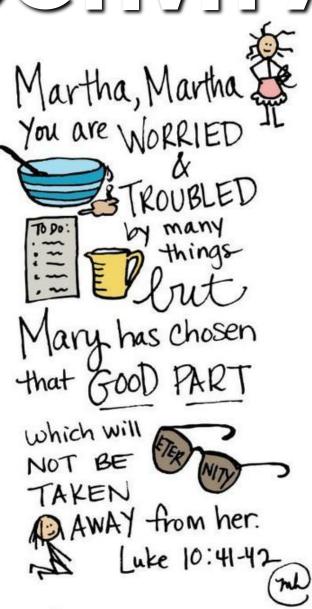


And the LORD said to Moses, "Come up to me on the mountain and be there..."

Our headspace is often filled with regrets and hurt about the past or plans and fears about the future, and those thoughts distract us from simply being present where we are, with God and with others...

PRESENCESPRODUCTIVITY





PUT IT INTO PRACTICE:

To become like Jesus: **FOLLOWERS OF JESUS** are becoming **FULLY ENGAGED** with life and all of its beauty and experiences. Try out these practices of Jesus:

- **1. EMBRACE SILENCE/BOREDOM** Silence gives us opportunity to process emotions and feelings and gives us capacity to engage our deeper selves, which in turn makes us more whole in engaging others relationally.
- **2. BECOME FULLY PRESENT** Put away thoughts and distractions that keep you from engaging people and experiencing life. Enjoy every moment.
- **3. PRIORITIZE RELATIONSHIP** No relationship is a waste of time. Go for walks, attend gatherings. Relationships can bring holistic well-being.
- **4. PRACTICE GRATITUDE & GENEROSITY** Gratitude and generosity lead to contentment which keeps our minds focused on what is truly important in an overly consumeristic, material culture.