



Fully Engaged

FULLY PRESENT

**wherever
you go,
there you are**

**Wherever you are,
be all there.**

- Jim Elliot



BE THERE



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...

PRESENCE > PRODUCTIVITY



Martha, Martha 
You are WORRIED
&
TROUBLED 
by many things 
but
Mary has chosen
that GOOD PART
which will
NOT BE 
TAKEN
 AWAY from her.
Luke 10:41-42 

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 make 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.