

*A well run dry*

***What Christmas traditions have run dry for you?***

*What have you let go?*

***What new have you added to your Christmas?***

# It Doesn't Feel Like Christmas

How do you know how Christmas is supposed to feel?

# Burnout

“Depletion through great striving to reach  
some unrealistic goal.”

Herbert Freudenberger

“The antidote to exhaustion is not necessarily rest. The antidote to exhaustion is full heartiness.”

David Whyte

# Stages of Development

Michael Forlenza, PhD

- Impulsive
- Self-Sovereign
- Socialized
- Self-Authored
- Self-Transforming



# Falling Upward

Ricard Rohr

The first task is to build a strong “container” or identity; the second is to find the contents that the container was meant to hold

# Falling Upward

Ricard Rohr

The message is clear that we are largely an adolescent society

# Falling Upward

## Ricard Rohr

“Don’t be afraid” is in the bible 365  
time.

# Purpose

Rabbi Dr. Abraham Twerski

[https://youtu.be/UE89\\_hkMoBU](https://youtu.be/UE89_hkMoBU)

# Jesus Through Middle Eastern Eyes

Ken Bailey



# When the Well Runs Dry

## Father Thomas H. Green

What should we do if our meditative prayer is dry, if it does not seem to touch our hearts or lead to the water of consolation?

# When the Well Runs Dry

## Father Thomas H. Green

“One sure mark of genuine spiritual growth is a growing preference for the ordinary days of our life with God.”

# The art of mindfulness



“Don’t just do something, sit  
there.”

Barry Ritholtz

***Mathew 6:25 - 27***

***Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes***

***1 Peter 5: 6-8***

***Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.***

***Psalm 130:5***

***I wait for the LORD, my soul does wait, And in His  
word do I hope.***

***Psalm 37:7***  
***Rest in the LORD and wait patiently for Him***

***Lamentations 3:25***  
***The LORD is good to those who wait for Him,***

*Psalm 62:5*

*My soul, wait in silence for God only, For my hope is  
from Him.*

***Lamentations 3:26***

***It is good that he waits silently For the salvation of the  
LORD***



John 3:16

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

# Christmas Message

## Geneva College

[https://youtu.be/6n7ql\\_el-Kw](https://youtu.be/6n7ql_el-Kw)