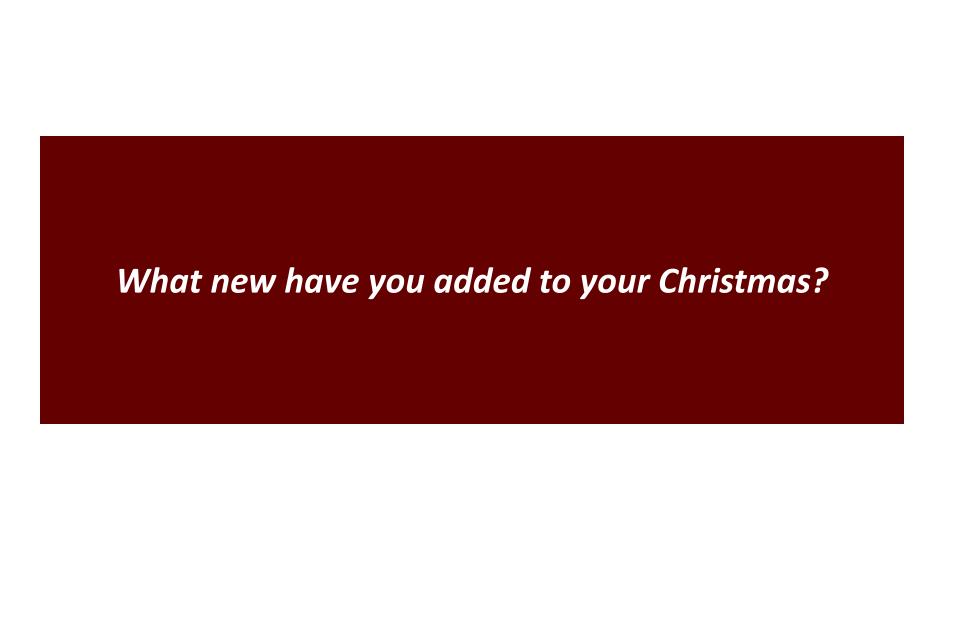
### A well run dry







#### 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 if 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

#### 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