

The Gift of Being Yourself Group // Session 1

PREPARATION

READING: Try to read the Preface and Chapter 1 of the book – if you haven't, it doesn't matter, you can still join in the session in a meaningful way.

QUESTIONS: If you have a chance, reflect on these three questions:

1. How would you describe the Christian spiritual journey and what would you say is its aim?
2. Jesus said, *'Whoever finds their life will lose it, and whoever loses their life for my sake will find it.'* Matthew 10:39

So can and should we speak of *Self-discovery – identity - authenticity* – as part of the Christian life?

3. *'There is only one problem on which all my existence, my peace, and my happiness depend: to discover myself in discovering God. If I find Him I will find myself And if I find my true self I will find Him.'* Thomas Merton

What would you say is the 'one thing' on which your existence, peace and happiness depend?

What makes it hard for you to believe what Merton says ?

What difference would it make to your life if what he says were true?

SESSION OUTLINE

- 7.30 Gather on Zoom/in the upstairs lounge
- 7.40 Centring Prayer
- 7.45 Discussion of the questions and chapter
- 8.20 Prayer Practice
- 8.30 End

Community of the Tree of Life is inviting you to a scheduled Zoom meeting.

Topic: The Spiritual Journey Time: Jan 18, 2021 07:30 PM London

<https://us02web.zoom.us/j/86817897272?pwd=ZDdmQlpTSINMUVJpVU1nTXR5bWVldz09>

Meeting ID: 868 1789 7272 Passcode: 535860



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