

## Sermon Notes / Exercises for Week 2

July 13, 2008

(questions from “A Gentle Path Through the Twelve Steps” by Patrick Carnes)

“Came to believe that \_\_\_\_\_ could restore us to \_\_\_\_\_.”

Problems with “religious” approaches:

1. The Agnostic approach –
2. The Atheistic approach –
3. The Liturgical/Dogmatic approach –

*The God of our Understanding -*

A definition of “sanity” – *soundness of mind*

The insanity of Saul and the Demoniatic –

A Spiritual Path to *Sanity*:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Exercises for Week 2

1. Work on a *Spiritual Care Inventory* that includes the following:
  - a. In what life situations are you comfortable in asking for help? In what situations are you not comfortable asking for help? (*be specific*)
  - b. In what ways did your nuclear family members (mother, father, siblings) teach you how to seek out or avoid help? How did other significant influencers (teachers, clergy, employers) affect the way you choose to seek out help?

2. What adjectives do you use when describing God? (Check the following that apply and *be honest!*)

____judgmental	____strict	____negative	____rigid
____cruel	____arbitrary	____caring	____trustable
____loving	____purposeful	____compassionate	
____predictable	____distant	____close	____indifferent
____absent	____unreal	____fanciful	

3. Name the five people who had the most influence over your attitudes toward God. Are there any commonalities in these people?

4. Write a letter to your “higher power.” In your letter describe how you came to believe.