



A New Way To See

What happened to you that still quietly shapes how you respond to stress, conflict, or relationships today?

We elicit from the world what we project into the world; but what you project is based upon what happened to you as a child. – Bruce Perry

Ephesians 4:1-6: ¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

Acts 9:1: “breathing out murderous threats”

Acts 9:4: “Why do you persecute me?”

When you see Jesus clearly, it changes how you see everything else.

What I've learned from talking to so many victims of traumatic events, abuse, or neglect is that after absorbing these painful experiences, the child begins to ache. A deep longing to feel needed, validated, and valued begins to take hold. As these children grow, they lack the ability to set a standard for what they deserve. And if that lack is not addressed, what often follows is a complicated, frustrating pattern of self-sabotage, violence, promiscuity, or addiction. – Oprah

Ephesians 1:18-22: I pray that the eyes of your heart may be enlightened... in order that you may know the hope to which he has called you,...the fullness of him who fills everything in every way.”

Ephesians 4:4-5: ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.”

Ephesians 4:6: “one God and Father of all, who is over all and through all and in all.”

1 Corinthians 15:28: “When everything is reconciled in him...God will be all in all.”

Colossians 1:15-17: “All things have been created through him and for him... in him all things hold together.”

Colossians 3:11: “There is only Christ. He is everything and he is in everything.”

A mature Christian sees Christ in everything and everyone else. That is a definition that will never fail you, always demand more of you, and give you no reasons to fight, exclude, or reject anyone. – Richard Rohr

Romans 12:2: “renewing your mind”

Psalms 119:11: “hiding God's word in his heart”

Psalms 1:2: “meditating on it day and night”

Psalms 119:105: “your word is a lamp unto my feet and a light unto my path.”

Am I seeing Jesus clearly?

“God For Us, we call You Father, God Alongside Us, we call You Jesus, God Within Us, we call You Holy Spirit. You are the Eternal Mystery That enables, enfolds, and enlivens all things, Even us, and even me. Every name falls short of your Goodness and Greatness. We can only see who You are in what is. Grant us such perfect seeing. As it was in the beginning, is now, and ever shall be. Amen.”

“We can only see who You are in what is. Grant us such perfect seeing.”

When you see Jesus clearly, it changes how you see everything else.

What lens am I looking through right now?

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.