

Week 24 Practice

This might be a painful week.

Instead of focusing on lowering our walls with the people we trust most, we are going to focus on *using* our walls more wisely and frequently with those people who are not ready to embrace the revelation of who we are. This week, we will begin to consider distancing ourselves from people who insist on seeing us the way they want to see us, rather than the way we really are.

Your time on this big rock is limited, so it is probably a waste of your time to spend it trying to convince people who cannot see the goodness of your heart that it is, indeed, good. Who have you been trying to convince? Who are the people closest to you—and at the periphery of your life—who simply won't let you reveal the worthiness at the center of you, because they are too busy insisting your incubator is actually an escalator? Who refuses to hear what you mean?

Likely, you are already thinking of people you need to distance yourself from, relationships you may need to let go of, appointments you might need to cancel, bread that is best not broken together. These people are not bad people; they are simply people who are, for reasons you cannot control, unable to see the good person in you. They may include old friends, new friends, family members, acquaintances, colleagues, customers, or anyone who is not interested in seeing you with the eyes of grace.

Begin by listening once again for the voice of grace. It is an equal opportunity lover. It will encourage you to care for yourself by letting some people go, but it will also suggest how to do so most lovingly. As you listen, begin to make a list of the people you need to seek distance from. Next to each name, list one way you can do so gracefully.

Now, perhaps you don't trust yourself to discern all of this clearly. If so, that's okay, and probably even *wise*. Seek out trusted counsel. A friend you can trust. A mentor. A therapist. Someone who can work through these difficult decisions with you. It will be worth every second and penny you put into it. Your one precious life—the limited time you have on this Earth—is that valuable. You're not here very long, so you may as well spend your time with people you can actually belong to.