

Week 36 Practice

Identity resurrection.

The story says that when Jesus rose from the dead, he didn't just come to life and ascend into heaven. First, he put on his walking shoes. He walked out of a tomb, he walked through walls, he walked down roads and along beaches. He put on a new identity as a risen Christ, and then he walked around and made that identity tangible in the world.

In the months of living, you are going to put on your walking shoes.

You are going to start doing the things you've always wanted to do. You are going to carve the wood you've always wanted to carve. Plant the garden. Start the book. Help the kids who can't help themselves. Join the school board. Volunteer at church or in the community or anywhere. Sew. Knit. Buy a camera. Set up an easel. *Whatever*. You are simply going to continue recognizing your truest, worthiest self, and with the support of the people you've revealed yourself to, you are going to start asking for—and doing—the things that arise from the truest part of you.

This week, we are going to begin the months of living by making a “Christmas list” of your passions and never-done desires. List all of those things you've always wanted to do but never felt permission asking for. Try not to censor yourself. If you find yourself writing something down that feels not quite right, spend some time with it, listen for the *want* that truly underpins it. Remember, you are asking for things you want to do, not things you want to *have*. Because these months aren't about buying; they're about finally *living*.

If it's hard to immediately put your finger on a passion you've suppressed, start with *any* nagging desire you've suppressed, and make a list of those desires. Is it reaching out to an old friend? Visiting a cemetery to decorate the grave of a loved one? Traveling to your hometown? Telling someone you love them? Going for a walk? Make your list of unlived wants.

Then, do one. It doesn't matter how little or inconsequential it might seem. Resurrecting your life doesn't happen all at once. You have to take small steps at first. Loosen your joints up a little. Stretch yourself and limber up slowly. Go for it. Live just one longing you haven't been living.

Let the resurrection begin.