

## Week 38 Practice

Over the last couple of weeks, we've begun to cultivate an awareness of the unlived lives we want to finally live. Undoubtedly, over these weeks, in addition to the resistance stirred up by your shame, you have experienced resistance of another kind, as well: it is likely that a number of *practical* objections have arisen in your mind over and over again. For instance, "I can't do that because I don't have enough money. I don't have enough time. I don't have enough talent. I have too many obligations. My husband wouldn't approve of it. My family wouldn't be okay with it. Maybe when the kids are older."

These thoughts tether you to old walls, like an invisible phone cord.

And you need new thoughts—new and creative ways of *solving* old problems, or new ways of *seeing* old problems that may not even really exist. It is hard to do this from within our own perspective. We need extra sets of eyes.

So, this week, your *people* will be those extra eyes. This week, pick one or more of your people—or go to your group of belonging—and, if you haven't already done so, tell them what you've been up to. Show them your "Christmas list." Explain how you've been listening for the voice of grace giving you permission to want these things once again. Then, tell them about the *practical* objections that have arisen within you.

Tell them about the phone cords in your life.

Read the post above to them and explain that you are trying to see these cords in new ways. Then, with your people, separate your practical objections into two categories: 1) old ways of thinking about problems that don't really exist anymore, and 2) actual "cords" requiring creative solutions.

I think you'll be pleasantly surprised to discover how many of your old ways of thinking are just that: *old* and *thoughts*. They aren't the present reality. You might even discover that you have a mobile-phone-kind-of-life, in which you are more free and untethered than you've ever realized. Sure, you have obligations—your family needs to eat and the bills need to get paid—but your range is a lot greater than you think it is. Ask your people to hold you accountable to living according to *this* reality.

It's time to stop settling for mud pies in the slums.

It's time to set out for a holiday at sea.