

A Wonder-Full Life Take Home Sheet

Week One: Looking Back

I light this flame to affirm that where there is light,
there is understanding;
where there is understanding, there is compassion;
where there is compassion, there is possibility;
where there is possibility; there is transformation.
Holy and Living God,
transform my fears into awe-inspired wonder.
Open me to this light,
and to the rich possibilities that it brings me
for a “wonder-full” life.

Quote from It’s a Wonderful Life:

God: “There’s a man down on earth that needs our help.”

Clarence, the Angel: “Is he sick?”

God: “No, worse, he’s discouraged.”

Introduction paragraph

We might not like to admit it, but every aspect of our lives is touched and influenced by our society’s mammoth financial system (described as “the whale”). This is even true of our religion and spirituality. No matter how much money people have in the bank or their retirement fund, or whether they grew up in a mansion, a one-room cabin, or somewhere in between, most have a complex and emotional relationship with money—often accompanied by deep wounds. What we have, and what we believe about what we have, greatly influence the decisions we make about how we live our lives and who we think we are—in other words, how we live inside the whale. If we want to live a spiritually abundant life, we must be willing to look back at how

money influenced and shaped us – being careful to do this with compassion and without judgment. Once we are honest about this history and our relationship with money, we can connect this relationship to the larger tapestry of our spiritual journey.

A Wonder-Full Life Take Home Sheet

Week One: Looking Back

I light this flame to affirm that where there is light,
there is understanding;
where there is understanding, there is compassion;
where there is compassion, there is possibility;
where there is possibility; there is transformation.
Holy and Living God,
transform my fears into awe-inspired wonder.
Open me to this light,
and to the rich possibilities that it brings me
for a “wonder-full” life.

Quote from It’s a Wonderful Life:

God: “There’s a man down on earth that needs our help.”

Clarence, the Angel: “Is he sick?”

God: “No, worse, he’s discouraged.”

Introduction paragraph

We might not like to admit it, but every aspect of our lives is touched and influenced by our society’s mammoth financial system (described as “the whale”). This is even true of our religion and spirituality. No matter how much money people have in the bank or their retirement fund, or whether they grew up in a mansion, a one-room cabin, or somewhere in between, most have a complex and emotional relationship with money—often accompanied by deep wounds. What we

have, and what we believe about what we have, greatly influence the decisions we make about how we live our lives and who we think we are—in other words, how we live inside the whale. If we want to live a spiritually abundant life, we must be willing to look back at how money influenced and shaped us – being careful to do this with compassion and without judgment. Once we are honest about this history and our relationship with money, we can connect this relationship to the larger tapestry of our spiritual journey.

- What are a few of your earliest memories related to money? Why do you think they stand out?

- What were the messages about success and accomplishment you received growing up? Did they have to do with money? How would you describe your family's "culture" around money?

- Which parent or caregiver are you most like when it comes to money? List some of the characteristics you have with this parent around money.

www.worshipdesignstudio.com/wonderfull-life

- What are a few of your earliest memories related to money? Why do you think they stand out?

- What were the messages about success and accomplishment you received growing up? Did they have to do with money? How would you describe your family's "culture" around money?

- Which parent or caregiver are you most like when it

comes to money? List some of the characteristics you have with this parent around money.

www.worshipdesignstudio.com/wonderfull-life