



# Flourishing

Part 3 (Loss & Gain) St Matthias March 24<sup>th</sup> 2020

*Mat 10:30 "Whoever finds his life will lose it; & whoever loses his life for my sake will find it"*

*Lk 9: 23 "If anyone would come after me, he must deny himself and take up his cross daily and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will save it."*

*Jn 12:24 "Unless an ear of wheat falls & dies it remains a single seed"*

Losing and finding" is a theme of life, providing life's little trials and triumphs.

We hate losing our keys or our money - but we love finding new friends!

The NT is more uncomfortable reading:

Unless we lose our lives we will not know life; unless we die we cannot really live.

## **1. Losing the "selfish me".**

Seeds have to die to be fruitful, says Jesus; & his unique death for our sins – is an example of how dying can lead to life. By Christ's death we are free of that desire to be "self-centred" and to be our own "god".

OT Wisdom can be summarized as, "There is a God, but it isn't you!". We prickle at criticism or a lack of appreciation because we want our ego boosted -and the self-centred "me" won't die! The secret of flourishing is dying to ourselves

## **2. Gaining the "God-centred me"**

The more we died to our self-centredness, the more we will be led by the Holy Spirit.

There should come, then, a glorious un-self-consciousness: We find that we automatically want to do what is right and good.

"Deep changes need more than just trying harder" (Ortberg) It's like being told to try harder to sleep or stop worrying! The more conscious you are of these, the harder they are to do.

Rohr suggests we focus more on God's goodness than our effort.

Again, it is dying to that need to control everything, to get things right & be strong.

## **Questions**

1: In what situations are you most "pushy" & most "prickly"? What is it about the "selfish-Me" that makes you defensive? How can you die to self?

2: How much do you seek to "control" your life & the life of others?

Do you feel you always have to "get it right" & "be strong"? How much is your effort actually counter-productive & make you more self-centred? How can you be more God conscious?