



## Deepening Resistance

Be still and pray together. Reflect for 10 minutes on how the last session on community and commitment has spoken to you. Share in the group. (20 minutes)

### The effects of sin

Sin's effect has soaked right through us. Every new level of awareness and honesty we come to in ourselves has its new traps and deceptions. Remaining humble and open to grow is a constant effort. We easily grow tired or complacent and find we are forever having to set up new goals and means for attaining them. The growth that was new and invigorating now feels stale and is an effort. Like the rest of creation, we groan to be freed of this weight of sin in life.

When things get this grey look, it helps to come back to the present moment and be totally present in it, to find and feel the peace of being who I am in it and to accept what is happening; to let life speak to me of itself.

As we stop and take stock, we need to see where our sin is needing to be faced at a deeper level in ourselves, which parts need following up. Having identified some of our tendencies, we will be better able to 'manage' our areas of weakness and strength.

This group has probably been together for about a year now. Look back over the year and see what areas seem to be cleared and which have not moved or changed in any significant way.

Take 30 minutes to reflect on the past year and where you find yourselves at present. Read through some of your journal entries over this time and see how the issues have changed for you.

### Journal and share.

End with prayers of thanks for the group and each person in it. At home, continue to pray for each member in the group and for the group as a whole as it develops.



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