

November 8 – Questions to Consider

1. What does 'love your neighbour as yourself' mean to you? What does it mean to have a healthy love for one's self? How does the way we love ourselves affect the way we love our neighbours?

2. Hillary said that, 'God is breathing into us. Breath is the animating force that takes us from birth to death, always inviting us into more life. Every time we breathe, we are saying the name of God.'

How can the act of breathing remind us that the Spirit is present with us at all times? What does that mean in your understanding of connection to others?

3. Hillary pointed out that many of the '-isms' (racism, ableism, heterosexism, sexism, and so on) are rooted in the body.

In what ways are the "-isms" we encounter related to a devaluing of certain types of 'bodies'? How does the way we see or understand 'body' affect the lens in which we see others? What narratives about the body do you experience as toxic and oppressive and untrue? How have you come to those conclusions? How might those be rewritten in a church context?

4. Hillary suggests that there is a connection between being aware of our emotions and our ability to be empathetic and to respond to injustice.

How do you think emotions, empathy, and justice are related? What do you think shuts down or prevents empathy between people? Are there things – ways you see yourself or others – that you need to pay attention to in order to open up more empathetic spaces for others? In what ways does loving yourself create freedom and space to be empathetic?