



Many men try to hide and pretend they are not broken. But this only leads to more hiding, pretending, and despair—and nothing ever changes. We fear that God is almost never pleased. This study will lead us into the light between two very different underlying motives: our determination to please God or to trust him. One results in a striving that never feels it has done enough to please him. The other results in a trust that experiences his full pleasure. Our motives as Jesus followers will either keep us enslaved in our hiding or free us into God’s Adventure for our lives. Let’s discover the Open Road of Grace together!
Ride ON!

Music: “I will Rise” by Chris Tomlin
 “Into the Wild” by Josh Baldwin

Resources: *TrueFaced – Trust God and Others with Who You Really Are* by Bill Thrall, Bruce McNicol, and John Lynch.
The Cure: What If God Isn’t Who You Think He Is and Neither Are You? By Bill Thrall, Bruce McNicol, and John Lynch.

WholeHEARTedness – Attacking Busyness, Exhaustion, and Healing the Divided Self.

We often experience our lives as *divided* – split. We may feel pulled in a thousand different directions. We wonder if balance and harmony are even possible. We long for an elusive wholeness. God created us to be whole, but separation – death entered reality. Jesus came to restore wholeness.

1. **WHOLENESS** → Wholeness is more essential to who we are than our neuron-firing brains and our beating hearts.
2. Three important realities regarding the journey toward wholeness:
 - A. **UNITY** → There is unity among scholars across disciplines on the division and fragmentation we experience, and the wholeness we long for. There is a cross-disciplinary agreement as to wholeness. Quote by David Bohm – Wholeness and the Implicate Order. See Ecclesiastes 4:15-18.
 - B. **SELF-COMPASSION** → Dr. Brene’ Brown and other social researchers tell us that we’ve worked so hard to gain approval and esteem that we’re now crushed under the heavy burdens of fear, shame, and a lack of self-worth. We’ve traded wholeness for perfectionism. Brown’s research encourages a generous and compassionate understanding of all that is broken and messy and unlovable within us
 - C. (Romans 5:20,21; Romans 2:4; Galatians 6:1-5).
 - D. **GOSPEL OF GRACE** → We offer examples of shaming and blaming far more than we offer examples of flourishing. We long for wholeness but seek to achieve it through a distorted form of holiness. We need more grace (John 1:14).
3. **Failure – the key to Wholeness** → Wholeness can’t be managed ... can’t be scheduled ... can’t be attained in seven easy steps or three key disciplines. Certainly, disciplines and boundaries and wise life choices are building blocks of a life well-lived. However, we learn wholeness, often, when our boundaries are shattered, when our disciplines fail us, when our theologies stump us, when our supposedly wise choices betray us. We learn by un-learning, by stumbling and falling into the very thing we attempted to gain on our own terms. This is the deep wisdom of the life Jesus offers.
4. **Thrive in Wholeness** → We often struggle to find what makes life work. We listen, pray, research, practice, and fail to find a way that works. We experience exhaustion and dividedness, and yet, we are hard-wired to thrive in wholeness. Jesus over-turned tables and broke long-held boundaries to bring wholeness to the most broken. We need to know what practices cultivate wholeness.

"I WILL RISE" by Chris Tomlin

<p>There's a peace I've come to know Though my heart and flesh may fail There's an anchor for my soul I can say "It is well"</p> <p>Jesus has overcome And the grave is overwhelmed The victory is won He is risen from the dead</p> <p>And I will rise when He calls my name No more sorrow, no more pain I will rise on eagles' wings Before my God fall on my knees And rise I will rise</p>	<p>There's a day that's drawing near When this darkness breaks to light And the shadows disappear And my faith shall be my eyes</p> <p>Jesus has overcome And the grave is overwhelmed The victory is won He is risen from the dead</p> <p>And I will rise when He calls my name No more sorrow, no more pain I will rise on eagles' wings Before my God fall on my knees And rise I will rise</p>	<p>And I hear the voice of many angels sing, "Worthy is the Lamb" And I hear the cry of every longing heart, "Worthy is the Lamb"</p> <p>And I hear the voice of many angels sing, "Worthy is the Lamb" And I hear the cry of every longing heart, "Worthy is the Lamb"</p> <p>And I will rise when He calls my name No more sorrow, no more pain I will rise on eagles' wings Before my God fall on my knees And rise I will rise</p>
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"Into the Wild" by Josh Baldwin

<p>There is a calling You've placed upon me I've felt it all my life Step out with both feet Walk on the water Leave my past behind</p> <p>I wanna follow, follow Your heart In the face of the unknown I wanna trust You, trust who You are When I let go, I'm halfway home</p> <p>Into the wild (Oh) It's time to dream like a child again Into the wild (Oh) Letting go is where life begins</p> <p>We're not so different We're all just children Under weathered skin</p>	<p>Forever searching We're on a journey Back to innocence</p> <p>So I will follow, follow Your heart In the face of the unknown I will trust You, trust who You are When I let go, I'm halfway home</p> <p>Into the wild (Oh) It's time to dream like a child again</p> <p>Into the wild (Oh) Letting go is where life begins</p> <p>Into the wild (Oh) It's time to dream like a child again</p> <p>Into the wild (Oh) Letting go is where life begins</p>
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