

LIFE Meeting

Outlooks on Life

January 11, 201

1. Icebreaker

Nathan

2. Opening Prayer and Transition to Small Group

Casslyn

3. Small Group: How I view things

4. Large Group: Outlooks PPT and Four Views Skit

Meg, Anna, Casslyn

5. Transition to Small Group

Sophia

6. Small Group: Personal Outlooks and Letter to me

7. Large Group: Wrap Up

8. Closing Prayer

Nathan

- Next Meeting: February 8th
- Survey Coming Soon!
- Planning Meeting January 25th After the Last Exam
 - Food: Casslyn, Nathan, Meg, Molly

Opening Prayer

Best Day of My Life by American Authors

https://www.youtube.com/watch?v=PCbdyffe_Co

Let us join hands as a community, interlocking fingers in order to remind us that our weaknesses are covered up by each other's strengths.

I had a dream so big and loud
I jumped so high I touched the clouds
Wo-o-o-o-o-oh, wo-o-o-o-o-oh
I stretched my hands out to the sky
We danced with monsters through the night
Wo-o-o-o-o-oh, wo-o-o-o-o-oh
I'm never gonna look back
Woah, never gonna give it up
No, please don't wake me now
This is gonna be the best day of my life
My li-i-i-i-i-ife
This is gonna be the best day of my life
My li-i-i-i-i-ife
I howled at the moon with friends
And then the sun came crashing in
Wo-o-o-o-o-oh, wo-o-o-o-o-oh
But all the possibilities
No limits just epiphanies
Wo-o-o-o-o-oh, wo-o-o-o-o-oh
I'm never gonna look back
Woah, never gonna give it up
No, just don't wake me now
This is gonna be the best day of my life
My li-i-i-i-i-ife
This is gonna be the best day of my life
My li-i-i-i-i-ife
I hear it calling outside my window
I feel it in my soul (soul)
The stars were burning so bright
The sun was out 'til midnight
I say we lose control (control)
This is gonna be the best day of my life
My li-i-i-i-i-ife
This is gonna be the best day of my life
My li-i-i-i-i-ife
This is gonna be, this is gonna be, this is
gonna be
The best day of my life
Everything is looking up, everybody up now

This is gonna be the best day of my life
My li-i-i-i-i-ife

Reflection

Life is all about perspective. Perspective can be a powerful thing, it can customize your reality. Two people can be faced with the same situation and see it two different ways. This song is an example of one perspective, today is going to be the best day of my life. While wonderful, positive, and uplifting, this perspective is not all encompassing. For many people, seeing the positive side of every situation comes very easily to them, while others have to put forth effort to seeing the bright side of life. It is important to understand your own outlook and respect that of others. There is no **correct** outlook on life, we all see things differently than others and that is what makes us all unique. Lord, we ask you to give us the guidance to understand our own perspective and the perspective of those around us. All perspectives have strengths and weaknesses, but all bring something new to the table. Let us remember that it is through your eyes, Lord, that we are truly able to see the world clearly. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary Amen.

1st Small Group

Let us join hand and interlock fingers so that our weaknesses are covered up by other people's strengths.

Philippians 2

"Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus:

Therefore, my dear friends...do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain. But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. So you too should be glad and rejoice with me."

Reflection:

Everyone's outlook on life is different. Different outlooks lead to different journeys, goals, and dreams for life. Our outlook on life comes from many places - our families, our upbringing, our life experiences, and our unique thoughts and feelings. One of the ways to look at who we are is to take a step back and look at the language we choose to use: it can tell us a whole lot about how we think. Think of your attitude like this- it is your display case for who Christ is in you. Everything about you outlook on life and your mind set comes from Christ's work in you. Your outlook on life really shows who are you and how you react in many different situations God throws your way.

Questions:

We are going to give a few situations that we would like you to think about how you would react to in your own life. What would you do or say? What in your own opinion do you think about it?

1. You wake up Monday morning for school. What's the first thought that crosses your mind?
2. You lend your friend one of your favorite shirts and later find out they ruined it. What do you say to them?
3. The traffic light turns yellow as you approach. What do you do?
4. You meet a friend at a coffee shop and the line is extremely long. What do you do?
5. You planned a barbecue and the forecast says rain, what do you do?
6. You overhear your name in a group of people you know, but not that well. What's your first thought?
7. Your best friend is moving away. What do you do to help you get through losing them?

8. Your friend texts you saying they need to talk to you right away and they need your help. What do you do?
9. You're running late for school already and there's a big accident up ahead that has traffic backed up for miles. What do you feel?
10. You suddenly come down with the flu right before a dance. What do you do?
11. You have not been playing and competing to your best ability and your coaches have not been playing you a lot. How do you react? Do you decide to give up or try getting better?
12. You have three tests and a quiz all on the same day. What is your reaction?

Now here are some questions just to get you thinking about yourself and what your mindset is. Be real with yourself on what your attitude actually is.

1. Do you enjoy the people you spend time with?
2. Is it important for you to keep busy?
3. Do you usually expect things to go the way you wanted them to?
4. Do you easily get upset over things?
5. Do you try to see the bigger picture and plan ahead?
6. How long does it take for you to trust someone new?
7. What do you think of school/work? Is it a place you dread or an opportunity?
8. Do you work hard for success?
9. How often do you complain each day?
10. Do you smile at others as you pass them in the hall?
11. Do you show concern for others in need?
12. How do you react in times of uncertainty or stress?
13. When faced with a difficult problem, what is your attitude while trying to solve it?

Closing Prayer

God grant me the serenity
 To accept the things I cannot change;
 Courage to change the things I can;
 And wisdom to know the difference.

Living one day at a time;
 Enjoying one moment at a time;
 Accepting hardships as the pathway to peace;
 Taking, as He did, this sinful world
 As it is, not as I would have it;
 Trusting that He will make all things right
 If I surrender to His Will;
 So that I may be reasonably happy in this life
 And supremely happy with Him
 Forever and ever in the next.

Amen.

Four Views Skit

Sophia-narrator

Molly-master

Viv-person one

Anna-person two

Meg-person three

Casslyn-person four

NARRATOR- Once a wise master had four students who exceeded all others in ability. One day the five gathered, and the master spoke to the first student

MASTER- "Tell me what you see when you look into the world."

VIV- "I see savagery. The planet is messed up. The world hides from the truth. Contaminating material is released everywhere. There is particulate matter in the heavens and acid rain. The rain forests are being destroyed, and so is the ozone. There is such ignorance and selfishness. The world needs so much correction."

NARRATOR- The master replied,

MASTER- "You are right, and I shall call you Correction, for you by your vision have committed to a world of need."

NARRATOR- To his second student, the master put the same question,

MASTER- "Tell me what you see when you look into the world."

NARRATOR- The second student replied

ANNA- "Master, I see futility. Nothing can be done to change the ways of the world, though some will repent and call for change. Still, the world is condemned by the acts of man. The sciences teach us that too many people are coming onto the planet, too much destruction has already been done, too little money is provided for science to adequately assist, and there is too little concern for ethics and values. Crime escalates while families decay. Law is lost."

MASTER- "You too are right, and I shall call you Righteous, for your indignation beholds a corrupt world beyond repair while your heart suffers its pain. You shall be known for your words, and your works will express the sadness of your heart."

NARRATOR- The master turned his gaze to the third student.

MASTER- "And you, what do you see?"

MEG- "I see a world needing the restoration of Law. I do not believe hope is lost. I find encouragement in the words of my brothers, for they too recognize the need the world has for a change of ways. It is with confidence that I sense the willingness of man to change. All good government is government of the people and for the people. It is through law and government that change can be effected. The mass will follow the right action and attitude of government. The agent for change exists and is law and government."

MASTER- "You also are right. I shall call you Government, for your words forge your observations and become what you teach. You will therefore be committed to a work of law and order through government."

NARRATOR- Finally, to the fourth student, the master put the same question

MASTER- "And what do you see?"

CASSLYN- "Master, I behold only miracles. Life is a miracle. All being is a miracle. Consciousness is a miracle. I behold God in all creation. I sense the beauty of Love in the fragrance of the flower, in

the smile of a child, in the warmth of lovers, in the glow of the stars. When I look onto the world, I am greeted with its mysteries. It is with awe and reverence that each day unfolds its beauty. I know that all things are good and that each expresses their good in their own appropriate manner for the moment. I know that which my brothers speak about is but illusion, for only the eternal is real. I will give no power to thoughts of scarcity, of limitation, of need, for all that is truly needed is here for us to behold, to recognize, and to accept. I wish only to give to the world the sight I have been given. For with these modest eyes and senses, my heart is quickened by the glory of being."

NARRATOR- The master smiled before he spoke.

MASTER- "And you, my chosen student, I will call Truth, for your vision is of Truth, and its reward is the reality it sees. You shall go unto man and teach from what you see, for yours is the vision of what is, and all that is possible rests in this peace. You shall be known by all men by your garments of serenity and peace."

NARRATOR-The master, speaking to all, added these words

MASTER- "To each of you is the blessing of your vision. As you see the world, so the world reveals itself to you. You will know the world by your vision of it. To each of you will go the works of your sight. You will experience life according to your vision."

NARRATOR-Not only is our reality a matter of choice, but so is the power we give it. Only the eternal is incorruptible. Only the eternal is therefore true. All else is inherently false by definition. To be a master, one must begin by acting like a master. To grow, we must give. The old saying "You cannot receive if the cup is full" is absolutely true of the human condition. As we sow, so do we reap. The first step then in self-actualization, is to give forgiveness and care. The old deep mind link memories disappear; the new memories become both the process and the goal.

Reflection:

This story is called the "four views." It depicts the differences between people's views on life. The first is a pessimist, he sees the bad things within the world. However, with this perception he is able to understand what needs to be fixed. He will be able to commit to correcting the world of its wrongs. The second student is a realist. He too knows the wrongs of the world and foresees the world in ruin. He mourns for the world. With his perception, his words become powerful and his sadness will be shown in his works for righteousness. The third student is an optimist. He has hope for the world. He believes with the right guidance by law, man will change and all will be good. Through his perception, he will work to seek out the good in the world and bring hope to everyone. The fourth and final student is a believer in faith. He loves all of God's creation and appreciates its beauty. His perception is truth, love and peace.

Now all these different perceptions represent the different outlooks and peoples in the world. Each of our own outlooks are special. Because how we perceive the world is how the world is revealed to us. We have a great power to our insight of the world because once we know what we think of the world then we can act. There is much need in the world and it can only be helped by those who see it. Because how on earth can you help others if you have turned the world off? So that can be us. Once we see the world like the students did then that's when we can help it. Because once we give to the world that's when we grow.

Transition to Small Group

We are all learning through observations and personal experiences. These observations and experiences help form our outlook on life. Everything that has happened to us and all the people that we've met factor into our outlook. We all have different outlooks on life. Yours may be totally different from your best friends. Even though our emotions constantly change we continue to have our own unique outlook on life. Many people have a little bit of the various outlooks. Think of your life for a moment when in your life have you been pessimistic.....when have you been optimistic.....when have you been more of a realist.....when have you had more of a realistic view.....when have you been an idealist.....when have you been opportunistic.....when have you been logical. Some people are a pessimist or an optimist or a realist, idealist, opportunist, or logical. In this skit you will hear about four different outlooks on life. Try to listen and figure out what you think you are and in your small groups you will think on it further.

Small Group

Prayer

"Dear Lord, help me to quit waking up with a complaining spirit, an attitude, and dwelling on yesterday's problems. Instead change my complaining to thanksgiving, my attitude to love, and help me to turn my problems over to you. Amen."

Questions:

1. What are the hardest changes you have faced in your life?
2. When faced with change, how do you handle it?
3. Life is always changing and you are constantly improving and growing. What aspects of your life do you wish to change?
4. Do you have a new year's resolution? If so, what is it?
5. Did you complete your resolution from last year? Explain.
6. In the last year do you think you have changed for better or for worse?

Activity....Letter Writing:

Take this time to reflect on your year and the good and bad. Write a letter to yourself about what you have learned today and maybe something you wish to remember in a few months. Put your name and grade on the envelope when you're finished and the Core will collect them.

Closing Prayer

August's Rhapsody - August Rush

https://www.youtube.com/watch?v=opS_Dmm15tY

Reflection

The beauty of music without words is how there is no limit to how we can perceive it. Just like with life, there is no right or wrong way on how you have to look at it. One outlook is no greater than the other. How you feel about an orchestral piece is never going to be identical to those sitting next to you. Lord help me to take this as you will, with no outside influence, and let it flow through and change or reaffirm what I feel now. Give me the ability to hear your voice and live out my life as your life. Amen.