

WAYPOINT

Week 1 - Denial - Points from the talk:

- Denial = Refusal to accept or acknowledge. A self-protecting behavior that keeps us from honestly facing the truth.

- Forms of denial
 - Downplaying and minimizing
 - Flippancy. Joking about it makes it ok?
 - Everyone is doing it (Ex 23:2)
 - Imitating someone we admire (Lk 16:15)
 - Blame shifting
 - Self Pity
 - Entitlement
 - False humility that excuses our behavior, "This is just how I am."
 - No one is complaining. I don't appear to be hurting anyone.
 - Conscience dulled through repeated action. Laxity.
 - Underestimating the problem and what it will take to stop.
 - Fatigue gives us an excuse to quit?

- Breaking down denial
 - Moses' words to Israel, "It is no trifle for you, but it is your life!" (Dt 32:47)
 - Painful consequences can wake us up, "Alcohol was a great persuader. It finally beat us into a state of reasonableness." (Big Book of AA)
 - 'Coming to ourselves' like the prodigal son.
 - We are called to be children of the light

Week 1 - Discussion Questions:

1. What struck you in the talk?
2. What is my number one form of denial and why?
3. Are there other forms of denial you can think of?
4. Can our struggles be a hidden gift of God? How?