



Security and Dependence

Choose a reader and begin with a few minutes of silence. Let go of the day and draw yourselves to be fully present for this time together. Share something of where you are with the others. These next five parts look at our relationship with the material world.

Security

With the uncertainties that are so much part of our lives, developing securities materially and socially is a common reaction. The usual assumption is that the more one has, the more secure one will be in difficult times.

The irony is, however, that one's inner sense of peace and security does not necessarily increase with greater material security. In fact it may even decrease as all one has is threatened with loss in different forms.

Jesus, on the other hand, seems to be talking about a different world when he speaks of the birds and the lilies, who do not 'worry' but are cared for by God. 'Will God not much more clothe us?' asks Jesus. Why do we not believe this and what does this say about the place God has in our hearts?

As we reflect on our material world, notice any feelings that surface, especially the negative ones like guilt, and try to hear what they are saying.

Exercise

Reflect on the different areas that represent security for you. It may be your job or home or financial state, it may even be certain people. In your reflection, bring each of these areas before God and sense your own feelings in doing this.

- Ask God what he feels about each area.
- Try to get some sense of how God sees this area in your life and whether it needs any changes. (20 minutes)

Journal for 10 minutes and then share in the group.

At home, meditate on the rich young man in Mark 10:17–22

- Where do you feel sad at things that are very big and strong in your life that you depend on?



Sergio Milandri has a Masters in Personal Formation and has been a relationship mentor in South Africa for over 25 years. He and his wife, Elizabeth, live in Hout Bay, Cape Town, and run the Sans Pareil Retreat Centre from there. **For more material visit www.relating.com or email sergio@relating.com**