



BOOK NOTES

Life Worth Living

by Miroslav Volf, Matthew Croasmun & Ryan McAnnally-Linz

- How do you spend your Money, Time and Attention?
- Insights are one thing. Actions are another.
- What many communities of faith share in common most of all is a set of practices that draw on and reinforce the broad strokes of a shared vision of flourishing and their sense of the really big picture
 - Dalai Lama's meditation, Ignatius's examen, Confucian ritual, AA's 12 steps...POSTING AND PLANNING
- Examen:
 - Gratitude: Think through your day and give thanks for what you are grateful for
 - Review: Remember each hour of the day, noticing where you felt God's presence and where you either entered into or turned away from God's activity in your midst
 - Sorrow: Recall actions for which you are sorry
 - Forgiveness: Ask for God's forgiveness. Make plans to reconcile with anyone you hurt and to forgive and reconcile with those who have hurt you.
 - Grace: Ask for god's grace for the coming day and increased ability to recognize God's presence.

Book notes by Steve Frankl · Field Productivity Partners