



# CLEAR VISION

A Monthly Publication of the Center for  
CHRISTIAN LIFE ENRICHMENT



## Soul Food: Counting the Cost

By Rich Blue

**W**hat is it about Jesus the Christ that has moved people for over 2000 years to drop everything and follow Him?

How do you explain Jesus' magnetism and inspiration? Why would anyone want to become a disciple of Christ, knowing the pain of rejection and suffering he endured? Jesus warned his disciples, saying, "If the world hates you, keep in mind that it hated me first (John 15:18), " and "No servant is greater than his master (John 15:20)." Jesus was upfront and honest about the price of pursuing a relationship with Him.

He made no attempt to minimize the cost of following Him. He insisted, "If anyone would come after me, he must deny himself and take up his cross and follow me (Matthew 16:24)," or "Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me (Matthew 10:37)." Jesus' response when a religious leader expressed his desire to follow him was, "Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head (Matthew 8:20)." No spinning here.

Why was Jesus so forthright about the suffering He and his followers would endure? Jesus was searching for people who wanted more than simply to be saved—those worshipping the idols of pleasure, comfort and security. Jesus was not desperate for a following. He came to seek and to connect those who were lost and wanted more. He was reaching out to those who knew they were sick and hurting. He was appealing to those who wanted to dedicate their lives to something greater than themselves.

Jesus proclaimed, "I came that they may have life, and have it abundantly (John 10:10)." Jesus was offering abundant life—not a comfortable and easy life. Jesus was not ashamed of the cost—to the contrary, he knew it was the deal of the ages. In fact, He made the price explicit so that all those who were looking for a spiritual bargain would be dissuaded. He was looking for those who were hungry, wanting more and not afraid to work for it. "Blessed are

those who hunger and thirst for righteousness, for they will be satisfied (Matt 5:6)." He was offering a meaningful and nourishing life for those who were willing to follow Him.

What can we expect from a life of dedication to Christ? Jesus said, "I am the way and the truth and the life (John 14:6)." He was the truth

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and being in relationship with Him meant that the people around him were constantly con-

fronted with the truth about themselves. He offered everyone a window into their souls, allowing them to know both their magnificence as well as their corruption. With Jesus came the knowledge of what is true and the responsibility to live a life dedicated to using the gifts and talents with which we have been entrusted in the process of becoming whole and complete.

With Jesus comes the introduction into having a genuine and authentic relationship with the Father in spirit and truth. Jesus warned, "Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth,

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## Soul Food (continued):

### Counting the Cost



*for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth (John 4:23-24)."* Jesus wanted relationships with us and he wanted them to be real and authentic. He wanted spirit to spirit relationships, experiencing an intimacy we have only dreamed of.

Jesus was all about love. He said, *"A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one an-*

*other (John 13:34-35)."* He did not want his followers to be known for their moral superiority, their biblical literacy or their external piety. Jesus' litmus test of whether you were a true follower of God was the extent to which you loved one another. This was not the sentimental love of flattery or being nice. No, this was the compassionate touch of truth balanced with love.

God continues to invite us into a relationship with Himself. To risk having a relationship with

God –the eternal and transcendent Other requires courage to navigate your relationship by faith. You have to be willing to make mistakes as you learn and grow about love. The practice ground for deepening your relationship with God is your relationships with one another. Live your life as if every person you come in contact with is a manifestation of God. Your act of worship is to be authentic, truthful and caring in the moment. Love God.

Welcome to our  
New Intern,  
Amy Gayer!



Amy Gayer is a therapist intern working on the completion of her Master's of Arts Degree in Clinical Psychology with a specialization in counseling at The Chicago School of Professional Psychology. In 2003, Amy received her Bachelor's of Science degree in Psychology from Northern Illinois University. Her hunger for personal growth, aliveness, health and wellness brought her to CLE. Amy believes that people are fundamentally good and well-intentioned yet need spiritual guidance in order to grow into their most magnificent selves. With awareness of one's feelings, responsibility, truth, honesty and spirituality, her expectation is that her life can be impacted as much as she would like to influence the life of her clients.

## Upcoming Events at CLE:

**Singles Workshop**

**Friday, October 16th**

**We A.R.E. Single**

**Fall Retreat**

**November 6th -8th**

**Sustaining Our Souls: Parenting the Child Within**

## Tips for Nourishing Internal Parenting

By Rich Blue

**Y**ou may be familiar with Eric Berne, the founder of Transactional Analysis. Berne was a student of Freud's and had the desire to make the insights of analysis more accessible to the common man. He translated Freud's Superego, Ego and Id into the ego states of Parent, Adult and Child (these are capitalized when referring to Berne's Ego States).

The Parent is the internalization of the rules and beliefs your parents held to in your family along with other values you may have picked up from other significant authority figures. The Parent is made up of the Critical Parent and the Nurturing Parent. The Child is most often a reflection of who the Parent want them to be, referred to as the Adapted Child. The Free Child is a small part of the Child that refuses to conform to the expectations of the Critical Parent and remains pure and free to be himself or herself. The Adult is the rational and reasonable intermediary, attempting to intervene on the behalf of the Child. The job of the Adult is to be an objective go-between the Critical Parent and the Child, often acting as a nurturing parent. The responsibility of the Adult is to look out for the developmental needs of the Child.

Each of us need to be developing our internal Adult, empowering him or her to stand up to the unchallenged control of our Critical Parent. We need to promote the Nurturing Parent and the Adult to create a climate favorable to the growth of

our Free Child. We have a responsibility to ensure that our Child is free to become who he or she is intended to be. We need to be good parents, providing healthy limits and boundaries, instruction, nurturing and love.

Left to yourself, you will parent yourself similarly to how your parents raised you. Some of what they

*Some of what they did was valuable and yet much of what they did was simply an unconscious repetition of what their parents did with them.*

did was valuable and yet much of what they did was simply an unconscious repetition of what their parents did with them. We need to consciously re-parent ourselves and ensure that our Child is raised in the most nurturing and nourishing environment possible.

Let's consciously assess the quality of our self parenting in the area of nourishment and self care.

### **Nourishment and Self Care:**

**Food:** How nourishing is the food you eat and drink? Are you mindful of what you are eating and how you feel after you eat it? How much of what you eat is an unconscious repetition of what you did as a child? Consider what foods you are consuming that might be one of your soft addictions. Ask yourself what you are feeling before you eat? What hunger are you feeding? Consider for one week replacing one "junk" food with one that is more nourishing.

**Touch:** How much touch do you give and get in a day? Are you getting enough TLC from those around you?

Ask your inner Child what he or she wants and needs. Consider for one week asking for and receiving one hug per day.

**Exercise:** Are you supporting your child in being fit and having lots of energy and vitality? Are you helping him or her to be active and engaged with life? Consider taking on the challenge of increasing the frequency or intensity of your exercise for a month.

**Relationships:** How nourishing and satisfying are your relationships? Do you need some new friends who challenge and inspire you to live a big life and fulfill your life purpose? Try doing an inventory of your present relationships and rate them A, B or C in terms of their nourishment and support in your growth and development.

**Play:** Are you re-creating yourself through taking your aliveness and energy into your life and relationships. Are you having fun and experiencing joy as you are engaging in the activities of your day? Are you taking play breaks to refresh and rejuvenate yourself? Consider how you could give yourself one play break a day for a week.

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This newsletter is intended to offer general information only and recognizes that individual issues may differ from these broad guidelines. Personal issues should be addressed within a therapeutic context with a professional familiar with the details of the problems.

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