

Monthly Theme: Inspiration

October 17 & 18: Purpose

“So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing?” Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

~ John 6:30, 35

“Love one another but make not a bond of love: let it rather be a moving sea between the shores of your souls.”

—Kahlil Gibran

Invitation to Purpose



FIREFIGHTERS
addictions
dissociation
angry
vengeful

EXILES
sadness
hurt
shame
loneliness

SELF
compassion
calm
curious
connected

NO BAD PARTS

MANAGERS
controlling
planner
inner-critic
people-pleaser

SELF
the core or center
emerges when centered and safe
(perfect as is)

compassion • presence • curious
connected • centered • notices
courageous • creative • clarity
playful • adventurous

Internal Family Systems

MANAGERS
protectors of the system. runs daily life by judging, resisting change, and tries to control situations to protect from hurts or rejection. tries to protect from feeling the wounds of the exiled.

controlling • planning • inner critic
judgment • pessimist • anxiety
people-pleaser • perfectionist
depression • panic attacks

etrenicale.com

For more information on Internal Family Systems visit ifs-institute.com



Reflection:

Love is an endless, eternal reSource. It is already within you and flows freely when imbibed there. What parts are protecting wounds and keeping you from drinking deeply from that well of Love in you?

Center now, settle into your core self. Drink from the eternal stream of Love, eat the satiating bread of re-creating power. What is meaning here? Where is purpose in this space?



Action...

- Options: 1) Text a friend/gratitude buddy. 2) Share with the River Church App (CR365 Group). 3) Email infoCR365@riverchurchmovement.com. 4) Write in a journal.