



*Practicing:* CHANGING YOURSELF  
TO CHANGE THE WORLD  
~ KATHY ESCOBAR

AS WE WALK THROUGH EACH OF THESE PRACTICES TOGETHER, CONSIDER WHAT WORDS OR PHRASES STAND OUT TO YOU. WHAT RESONATES?

HEALING

LOVING

LISTENING

INCLUDING

EQUALIZING

CHRIST HAS NO BODY HERE BUT YOURS — TERESA OF AVILA

ADVOCATING

MOURNING

FAILING

RESTING

CELEBRATING

## QUESTIONS TO REFLECT ON:

- Which of these practices feel hardest to you right now? Most natural?
- What is stirring up in you to live a life of greater practice in tangible ways?
- How can you influence the groups or organizations you are in to embody Jesus in creative ways in the wider community?
- Because change always starts with us first, what are you being challenged to consider?
- What is something from what you heard today that you want to further reflect on and move to action somehow? Consider these prompts: 1. I feel God stirring me to..., 2. I know I want to.... 3. I am being challenged to.... 4. I feel inspired to...

— 2020, KATHY ESCOBAR, [KATHYESCOBAR.COM](http://KATHYESCOBAR.COM) ..