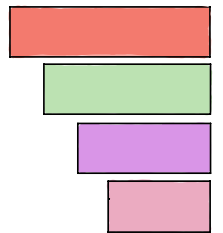




Ep. 49 Jill Rowe

THE
ALL
TERRAIN
Podcast-



HOW DO YOU FACE CHANGE?

I DIDN'T USE TO LIKE IT

WE ALL HAVE A NATURAL REACTION TO IT



WOW!

LEADER



Argh!

FOLLOWER



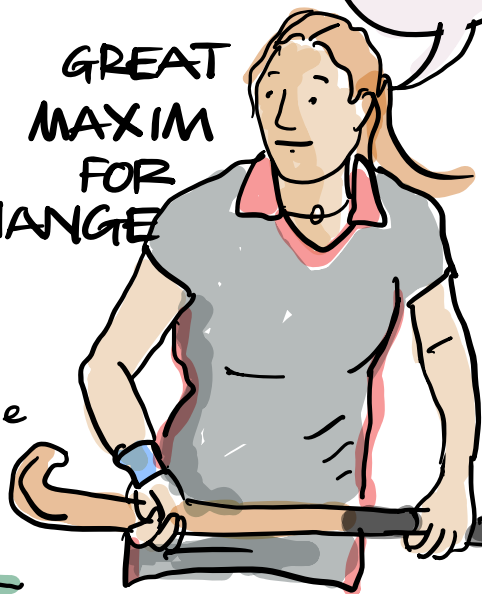
CHANGE FEELS DIFFERENT AS A LEADER
- WHEN YOU'RE MAKING THE DECISIONS

CRUCIAL AT FIRST TO

ACKNOWLEDGE

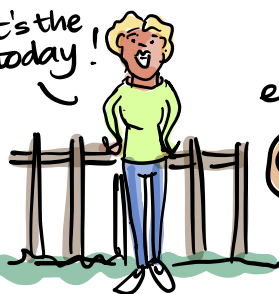
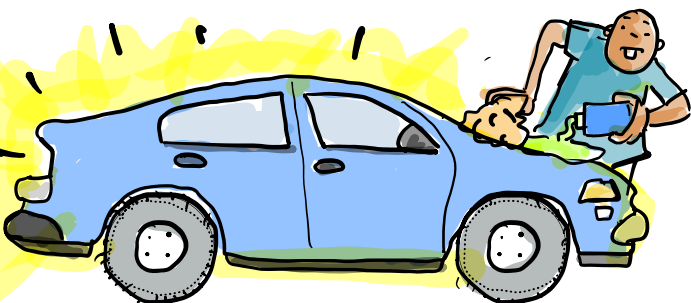
THAT CHANGE IS HAPPENING

GREAT
MAXIM
FOR
CHANGE



DURING COVID LOT OF
... OVER FUNCTIONING

John... that's the
third time today!



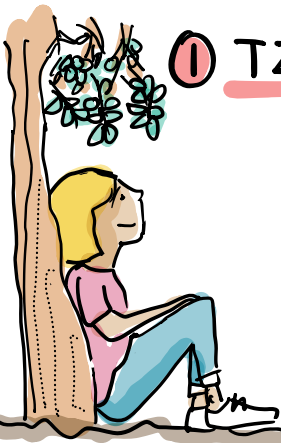
IMPORTANT TO ACKNOWLEDGE
THAT CHANGE
CAN UNSETTLE US

- ACKNOWLEDGE in the **UNKNOWN**
- REST
- LEARN TO LIVE



① **TZEL** FINDING SHADE
UNDER HEAT OF CHANGE

② WHAT AM I STANDING ON?
DO I TRUST WHAT
IS HOLDING ME STEADY?



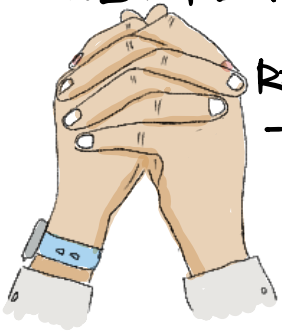
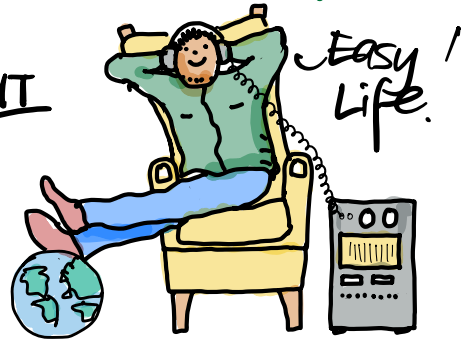
TASLEEM . Image Bearer

' BEHOLD, THE ONE BEHOLDING YOU IS SMILING '

HOW DO YOU MOVE THROUGH SUFFERING?

MOVING **THROUGH** IT (KEY!)

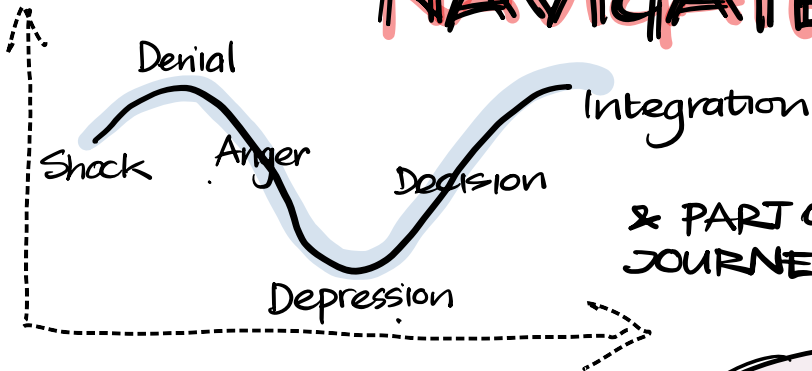
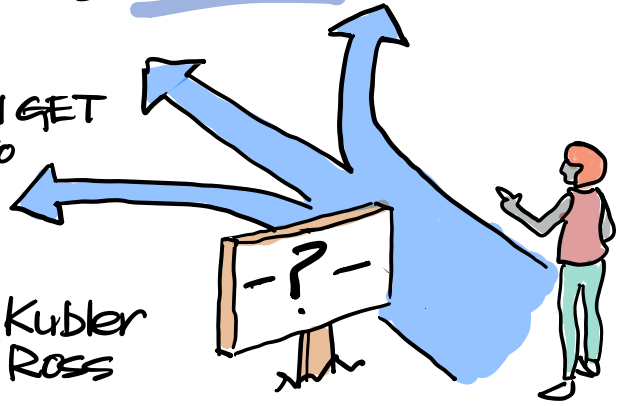
WE OFTEN PRAY TO BE FREE OF SUFFERING BUT WE ARE NOT PROMISED A CHARMED LIFE



RECALLING MY MUM'S SUFFERING EVEN THOUGH PEOPLE WERE ASKING IF I WAS PRAYING FOR HER HEALING I SAID = NO =

SUFFERING IS NOT SOMETHING YOU CAN GET LOST IN BUT SOMETHING YOU HAVE TO

NAVIGATE



Kubler Ross

& PART OF THAT IS THE JOURNEY OF GRIEF & LOSS

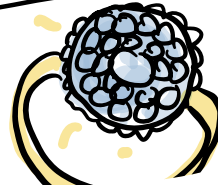
- ① SUFFERING IS PART OF HUMAN EXISTENCE
- ② HOW AM I GOING TO NAVIGATE THIS?

WHEN I WAS ILL RECENTLY I HAD TO MAKE A CHOICE AROUND

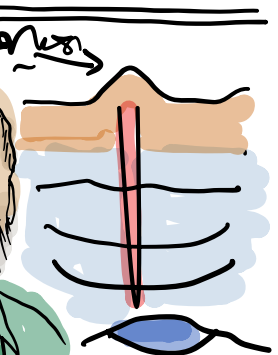


"What kind of person was I going to be?"

... at high temperatures + great pressure ... the carbon atoms are squeezed ...



DIAMONDS



FORMED UNDER PRESSURE

IT'S EASY TO BE NICE/KIND WHEN THINGS ARE GOING WELL.

↳ I LEARNT FROM MY MUM

WE'RE NOT MADE TO DO LIFE ALONE!

IN THE SUFFERING & STRUGGLE YOU HAVE TO REACH OUT TO OTHERS.

Don't worry I've got this!



MOVING THROUGH SUFFERING MEANS

FINDING YOUR COMMUNITY

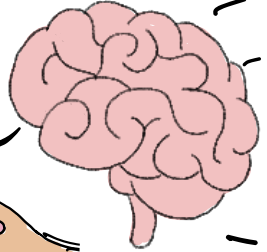


LEAN INTO PRESENCE of GOD Psalm 23



SO SHOULD YOU PRAY?

Here we go!



PRAYER ACTIVATES MY BRAIN TO PARTICIPATE IN WHAT GOD WANTS



AMEN - CONNECTED TO MIDWIFERY ACTUALLY BIRTHING SOMETHING

WE HAVE CREATED THIS IMAGE: GOD AS OUR BUTLER

Your answered prayer served as requested Madam



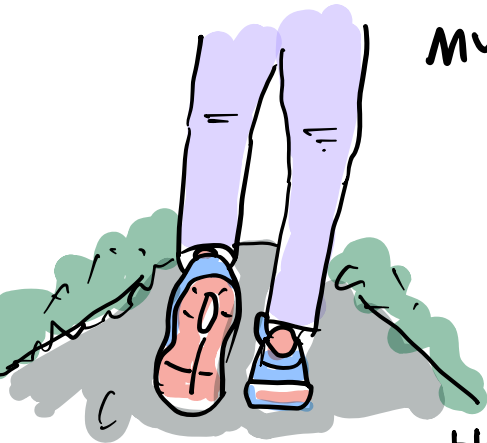
WRONG!!

WE CAN EASILY FORGET THAT WE ARE CONNECTED WITH EACH OTHER

MY JOB IS TO: -

- WALK OUT MY PRAYER
- ACTIVATE GODNESS
- JOIN IN WITH OTHERS

THE DANGER IS WE'VE MIXED UP HOW WE VIEW PRAYER WITH OUR PERCEPTION OF GOD & ACTUALLY WE'RE CALLED TO JOIN IN WITH WHO GOD IS IN THE WORLD.



HOW DO YOU RECEIVE JOY?

GRATITUDE IS KEY

PEOPLE MISTAKENLY THINK THAT IF YOU'RE JOYFUL YOU'LL BE THANKFUL BUT IT'S THROUGH GRATITUDE THAT YOU DISCOVER JOY



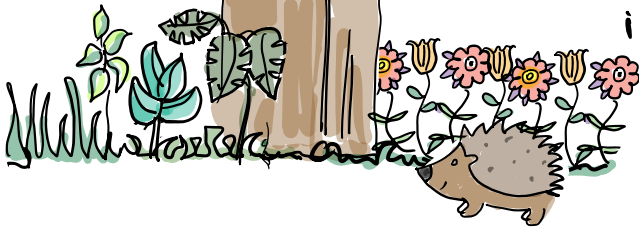
- MUSIC -



'NOTICING' IS CRUCIAL
NOTICING THE SMALL

in the

ORDINARINESS
IS KEY



I USED TO THINK THAT JOY WAS OUTSIDE OF ME & I HAD TO ATTRACT/CATCH IT!



You're not getting away that easily!

I'VE CHANGED MY PERSPECTIVE
→ WHAT IF? → WHY NOT?
→ WHAT IF I SAID 'YES'?

JOY ISN'T SOMETHING I NEED TO PURSUE
-IT'S JUST THERE

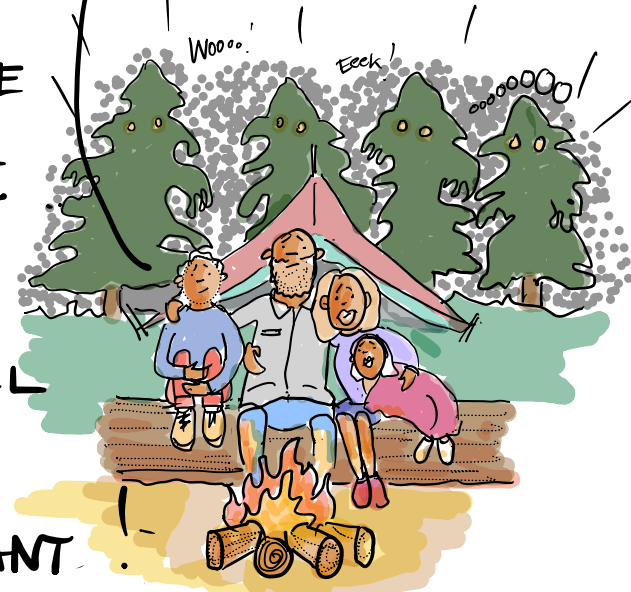
THIS MOMENT IS RAMMED
FULL OF THE DIVINE

I am not feeling much closer to God here Dad?



THERE IS THIS NOTION OF 'THIN PLACES' WHERE PEOPLE TALK ABOUT SENSING GOD IN GREATER MEASURE BUT

EVERYTHING/
EVERYWHERE
IS SPIRITUAL



THE WHOLE OF LIFE IS PREGNANT WITH PRESENCE OF GOD

HOW DO YOU MATURE in SERVICE?

LOVING OTHERS IS THE KEY

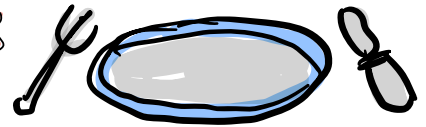
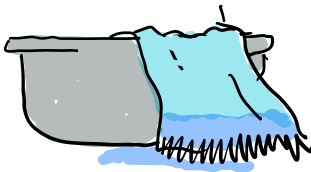
YOU MATURE BY LOVING - PARTICULARLY

- ① THOSE YOU FIND HARD TO LOVE — HOWEVER THIS LOVE LEADS TO A GROWTH in GENEROSITY

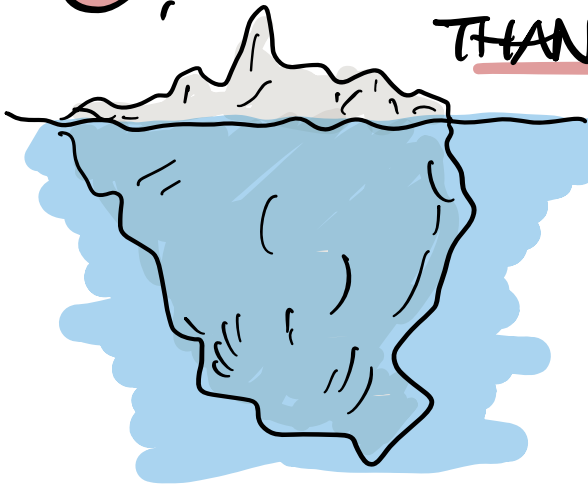


SPIRITUAL DISCIPLINES

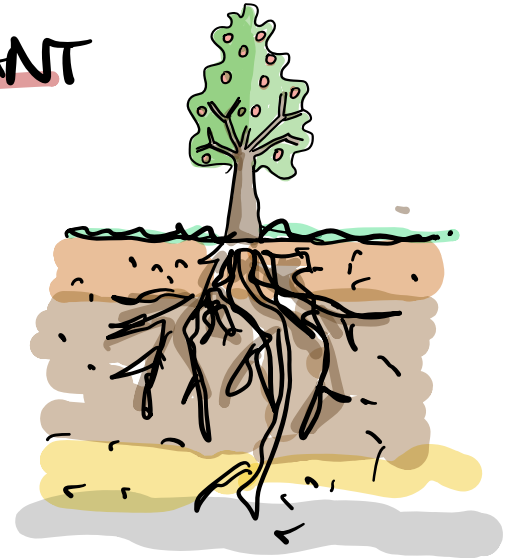
- ② AS A REFLECTIVE PERSON I OFTEN TAKE TIME AT THE END OF THE DAY TO CONSIDER MY ACTIONS. LEARNING TO REFLECT ON WHOLE OF WHO I AM.



- ③ DEPTH IS MORE IMPORTANT THAN PROFILE



WHICH IS NOT EASY TO DO... YOU NEED WISDOM SO I TRY SOAK THAT UP FROM OTHERS!



- ④ RELAXING

ALTHOUGH FOLLOWING JESUS IS NOT MEANT TO BE EASY - HE DID INVITE US TO A FULL LIFE.

