

# People of A Practice

Week 3



Recall a time when you had “too much of a good thing.” How did you know you exceeded a limit? What happened? How did it feel?

What is the difference between “enough” and “too much”? Between “abundance” and “excess”? How do you discern those differences in your own life?

Can you identify an area in your life that you want to simplify or reduce for your spiritual well-being? What would be your first step? To do so, to what might you need to say “no” or “enough”?

Read the quote from Gerald May on the reverse. With what are your “hands too full”? What might God be trying to give you — if only there was room for you to receive it?

*“In refusing to accept limits on our consumption or activity,  
we perpetuate a death-dealing dynamic in the world.”*

Marjorie J. Thompson

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Quote from *Addiction and Grace* by Gerald May (Harper & Row, 1985):

St. Augustine once said that God is always trying to give good things to us, but our hands are too full to receive them. If our hands are full, they are full of the things to which we are addicted. And not only our hands, but also our hearts, minds, and attention are clogged with addiction. Our addictions fill up the spaces within us, spaces where grace might flow... [T]he spiritual significance of addiction is not just that we lose freedom through attachment to things...[but] that we try to fulfill our longing for God through objects of attachment.



Some helpful books related to this week's topic:

*Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* by Brene Brown (Gotham Books, 2012)

*Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* by Wayne Muller (Bantam Books, 1999)

*Soul Feast: An Invitation to the Christian Spiritual Life* by Marjorie J. Thompson (Westminster John Knox Press, 2005)

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