

January Theme for Exploration: PRACTICING RESISTANCE

One of the best ways to explore our monthly themes is to intentionally unpack it. This list of questions is an aid for deep reflection. They are meant not so much to be answered as to take you somewhere. Your question may not be listed below. If the questions don't include what life is asking from you, spend the month listening to your days to find it.

Read through the list 2-3 times until one question sticks out for you and captures your attention. Then reflect further with questions such as:

- *What is going on in my life right now that makes this question so pronounced for me?*
- *What might the question be inviting me to revisit? And why?*
- *How might Life be speaking through the question to offer me a word of comfort or challenge?*
- **A note about self-care:** *Often these questions take us to a vulnerable space. How might my inner voice be trying to speak to me through it? It is OKAY to ignore the questions that may be triggering – or lean in if that feels safe.*

1. As a kid, did you resist the rules, or did you follow them? How might you see an echo of that earlier self in your life today?
2. Of all the moments of your life where you found the courage to accept change instead of resist it, which one are you most proud of?
3. Is there a time from your past where you wish you would have found a way to resist the fear of failure?
4. Have you been following the path of least resistance for so long that you no longer notice?
5. Is it time to heed the warning that “What you resist, persists”?
6. Has joy ever been an “act of resistance” for you?
7. Has your resistance to change grown or eased as you’ve gotten older?
8. How might resistance be calling you to rest?
9. What song, book or movie has inspired or supported your resistance efforts?
10. Our self-focused culture is not designed to encourage activism and other-centered resistance. Who contributed to you becoming someone who counter-culturally cares about and works for needs greater than your own?
11. What small step could you take in the next month or two to make your resistance more radical?