



# The Well

an ordinary place  
where extraordinary  
things happen

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**OBSESSIVE COMPARISON DISORDER (O.C.D.)**

“For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”

2 Corinthians 10:12

“A heart at peace gives life to the body, but envy rots the bones.”

Proverbs 14:30

**THERE'S NO WIN IN \_\_\_\_\_**

“And I saw that all toil and all achievement spring from one person’s envy of another. This too is meaningless, a chasing after the wind.”

Ecclesiastes 4:4

**PEOPLE WERE DETERMINING WHERE THEY WERE,  
BASED ON WHERE \_\_\_\_\_**

“Fools fold their hands and ruin themselves. Better one handful with tranquility than two handfuls with toil and chasing after the wind.”

Ecclesiastes 4:5–6

“Again I saw something meaningless under the sun: there was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. ‘For whom am I toiling,’ he asked, ‘and why am I depriving myself of enjoyment?’ This too is meaningless – a miserable business!” Ecclesiastes 4:7–8

WHO OR WHAT AM I GOING TO USE AS MY

----- TO TELL ME I'M OK?

“...just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.” Ephesians 1:4–6

I AM CHOSEN, I AM ADOPTED, AND I AM ACCEPTED JUST AS I AM.

GOD: “YOU'RE FINE BECAUSE YOU'RE MINE.”

# Highlight REAL PART 2: FIGHTING FOMO

FOMO (Fear of Missing Out): “anxiety that an exciting or interesting event may currently be happening elsewhere, often aroused by posts seen on social media.”

THE FASTEST WAY TO \_\_\_\_\_ SOMETHING SPECIAL  
IS TO \_\_\_\_\_ IT TO SOMETHING ELSE.

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

“But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to [e]abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.” Philippians 4:10–13

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” Hebrews 12:1–2

# Learning to be Content:

1. CHOOSE TO BE \_\_\_\_\_

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:16-18

2. CUT (BACK) ON \_\_\_\_\_

“All of humanity's problems stem from man's inability to sit quietly in a room alone.” Blaise Pascal

3. CENTER YOUR LIFE AROUND \_\_\_\_\_

See Essena O'Neill

“If Jesus is not your center, I'm not afraid of what will happen if you don't reach your goal; I'm afraid of what will happen if you do.”



**WHO or WHAT**  
AM I GOING TO USE AS  
MY REFERENCE POINT  
TO TELL ME I'M OK?

# Highlight REAL PART 3: FINDING WHAT I'M LOOKING FOR

“The reward for \_\_\_\_\_ is that everyone likes you  
\_\_\_\_\_” –Mae Brown

“YOU ARE ONLY FREE WHEN YOU REALIZE YOU BELONG NO PLACE – YOU BELONG EVERY PLACE  
– NO PLACE AT ALL. THE PRICE IS HIGH. THE REWARD IS GREAT”  
– MAYA ANGELOU

Being \_\_\_\_\_ means sometimes having  
to\_\_\_\_\_.

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.” Philippians 4: 11–13

WE'RE CONNECTED TO ONE ANOTHER BY SOMETHING GREATER THAN \_\_\_\_\_  
- WE'RE CONNECTED BY \_\_\_\_\_

“For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belong to all the others” Romans 12: 4–5

THE WILDERNESS: FROM A VAST AND DANGEROUS ENVIRONMENT WHERE WE ARE FORCED TO NAVIGATE DIFFICULT TRIALS TO A REFUGE OF NATURE AND BEAUTY WHERE WE SEEK SPACE AND CONTEMPLATION.

“At once the Spirit sent Jesus out into the desert, and he was in the desert forty days, being tempted by Satan. He was with the wild animals and angels attended him” Mark 1:12-12

“The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me besides quiet waters, he restores my soul.” Psalm 23:1-3



## *BRAVING the Wilderness and Finding Contentment :*

B\_\_\_\_\_ ROMANS 8:5-6

R\_\_\_\_\_

A\_\_\_\_\_ ROMANS 14:12

V\_\_\_\_\_ EPHESIANS 4:29

I\_\_\_\_\_ ACTS 14:16

N\_\_\_\_\_

G\_\_\_\_\_

True Belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing in the wilderness.

True belonging and contentment doesn't require you to \_\_\_\_\_  
who you are; it requires you to \_\_\_\_\_ who you are.

\*Answer Key:

*conformity, except yourself, ourselves, find the courage to stand alone, social media, Love and the Holy Spirit, boundaries, reliability, accountability, vault, integrity, non-judgement, generosity, change, be*

# Highlight REAL

## PART 4: THE SECRET TO HAVING MORE

THERE'S NO WIN IN COMPARISON.

THE FASTEST WAY TO KILL SOMETHING SPECIAL IS TO COMPARE IT TO SOMETHING ELSE.  
WHO OR WHAT WILL BE THE REFERENCE POINT OF MY LIFE?

The secret to \_\_\_\_\_ more,  
is \_\_\_\_\_ more away.

“There is one who scatters, yet increases more; and there is one who withholds more than is right, but it leads to poverty. The generous soul will be made rich, and he who waters will also be watered himself.” Proverbs 11:24–25

“Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair. And the house was filled with the fragrance of the oil. But one of His disciples, Judas Iscariot, Simon’s son, who would betray Him, said, “Why was this fragrant oil not sold for three hundred denarii and given to the poor?” This he said, not that he cared for the poor, but because he was a thief, and had the moneybag; and he used to take what was put in it.” John 12:3–6

### GUARDING THE BAG (JUDAS):

“I need more. I don’t have enough.”

Focus on what I \_\_\_\_\_

### BREAKING THE FLASK (MARY):

“God has given me more than enough. How can I offer it back?”

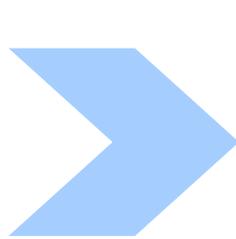
Focus on what I \_\_\_\_\_

## ARE YOU GUARDING THE BAG? OR BREAKING THE FLASK?

Now therefore, thus says the Lord of hosts: “Consider your ways! You have sown much, and bring in little; you eat, but do not have enough; you drink, but you are not filled with drink; you clothe yourselves, but no one is warm; and he who earns wages, earns wages to put into a bag with holes.” Thus says the Lord of hosts: “Consider your ways!” Haggai 1:5–7

See also Mark 6:35–43

“And remember the words of the Lord Jesus, that He said, ‘It is more blessed to give than to receive.’” Acts 20:35



### *God's Math*

1 + 1 = 2 -> discouragement

0 + Infinity = Infinity -> laziness

5 + 2 = 5000 -> BLESSING

Sometimes it's not about what you have,  
but about what you're .....

“He took bread into His holy, spotless, unblemished, and blessed and life-giving hands... He broke it, gave it to His own holy disciples and saintly apostles saying, “Take, eat of it all of you.”

Excerpt from the Liturgy of St. Basil