



THE YEAR OF
**WHOLE
HEARTED**
COMMUNITY

CALL TO WORSHIP



Make a joyful noise to God, all the earth; sing the glory of his name; give to him glorious praise.

All the earth worships you; they sing praises to you, sing praises to your name.

— Psalm 66:1-2, 4



CONFESSION



Lord, you are a God who is true to Your word.
Oftentimes, we are not.

In our prayers we say that we want to practice the way of Your Son; in our songs we sing that you have our whole hearts; in our church vision we say that we want to see Your Gospel change everything, but our actions do not match up with our words.



We say hurtful things to each other, we think of ourselves first, we are divided within and without, we ignore your Spirit's convictions; the list goes on.

Lord, forgive us and hear our prayer for Jesus' sake.
Amen.



ASSURANCE



God demonstrates his own love for us in this: While we were still sinners, Christ died for us. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins. Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.

— Romans 5:8; Colossians 1:13-14; Romans 5:1



PASSING THE PEACE



GIVING



There is nothing we have that we have not received; all we have and are belong to God, bought with the blood of Jesus. To spend everything on ourselves, and to give without sacrifice is the way of the world that Our Father cannot abide. Holy Spirit, strengthen us to give generously until there are no needy among us.



ANNOUNCEMENTS



MC RESET

Saturday, September 12
9 AM-12 PM at Soma Midtown



SOMA KIDS

Now available on Sundays



SERVICE OPPS

Sunday Morning and Audio/Visual



WHOLEHEARTED: WOMEN'S RETREAT

Saturday, September 26
10 AM-4 PM at Sugar Creek Silos, Greenfield, IN



CONNECT CARD

www.somaindy.com/connect



Now the serpent was more crafty than any other beast of the field that the Lord God had made.

He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’” And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’”



But the serpent said to the woman, “You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.



Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

— Genesis 3:1-7



Wholehearted Community



Truth

Holy
Spirit

Practices

Community

James Bryan Smith



**We are created and
recreated from and for
relational community**



**Communion with God is
the basis for community
with others**



And the man and his wife were naked and not ashamed (or felt no shame).

— Genesis 2:25



How shame disrupts relationships:

- Genesis 3:1-7



How shame disrupts relationships:

- Genesis 3:1-7
- Doubt



How shame disrupts relationships:

- Genesis 3:1-7
- Doubt
- Distortion



How shame disrupts relationships:

- Genesis 3:1-7
- Doubt
- Distortion
- Deception



How shame disrupts relationships:

- Genesis 3:1-7
- Doubt
- Distortion
- Deception
 - Shame (I am bad/wrong) vs. Guilt (I've done something bad/wrong)



How shame disrupts relationships:

- Genesis 3:1-7
- Doubt
- Distortion
- Deception
- Disobedience



How shame disrupts relationships:

- Genesis 3:1-7
- Doubt
- Distortion
- Deception
- Disobedience
- Distance & Division
 - Genesis 3:9-13



**Divided hearts,
divided relationships,
divided communities,
divided societies**



Shame can vary in its range from the most relationally subtle ways - the condescending glance or tone of voice from one spouse to another - to wholesale cultural movements that involve groups, communities and eventually nations that war against nations (Genesis 34)...What we do with shame on an individual level has potentially geometric consequences for any of the social systems we occupy, be that our family, place of employment, church or larger community.

— Curt Thompson



The Shame Armory (Brené Brown):

- Driving perfectionism & fostering fear of failure



The Shame Armory (Brené Brown):

- Driving perfectionism & fostering fear of failure
- Working from scarcity & squandering opportunities for joy & recognition



The Shame Armory (Brené Brown):

- Driving perfectionism & fostering fear of failure
- Working from scarcity & squandering opportunities for joy & recognition
- Numbing & hiding



The Shame Armory (Brené Brown):

- Driving perfectionism & fostering fear of failure
- Working from scarcity & squandering opportunities for joy & recognition
- Numbing & hiding
- Propagating the false dichotomy of victim or viking, crush or be crushed



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- Being a knower and being right



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- Driving perfectionism & fostering fear of failure
- Working from scarcity & squandering opportunities for joy & recognition
- Numbing & hiding
- Propagating the false dichotomy of victim or viking, crush or be crushed
- Being a knower and being right
- Hiding behind cynicism, sarcasm, cruelty



The Shame Armory (Brené Brown):

- Using criticism as self-protection



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others
- Hustling for our worth



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others
- Hustling for our worth
- Leading for compliance and control



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others
- Hustling for our worth
- Leading for compliance and control
- Rationalizing



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others
- Hustling for our worth
- Leading for compliance and control
- Rationalizing
- Trying to be cool



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others
- Hustling for our worth
- Leading for compliance and control
- Rationalizing
- Trying to be cool
- Weaponizing fear and uncertainty



The Shame Armory (Brené Brown):

- Using criticism as self-protection
- Using power over others
- Hustling for our worth
- Leading for compliance and control
- Rationalizing
- Trying to be cool
- Weaponizing fear and uncertainty
- Rewarding exhaustion as a status symbol and attaching productivity to self-worth



The Shame Armory (Brené Brown):

- Withdrawing and avoiding



The Shame Armory (Brené Brown):

- Withdrawing and avoiding
- Collecting gold stars



The Shame Armory (Brené Brown):

- Withdrawing and avoiding
- Collecting gold stars
- Leading from hurt



Listen, Israel: The Lord our God, the Lord is one.
Love the Lord your God with all of your heart, with
all of your soul, and with all of your strength. These
words that I am giving you today are to be in your
heart.

— Deuteronomy 6:4



Our godlike beauty is hidden under curtains of shame.

— St. Gregory of Nyssa



Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name. I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever.

— Psalm 86:11-12



Create in me a undivided (pure) heart, O God, and
renew a right spirit within me

— Psalm 51:1



And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh.

— Ezekiel 11:19



Be whole (perfect) as your Father in heaven is whole (perfect).

— Matthew 5:48



Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.

— Mark 12:29-31



A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.

— John 13:34-35



Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

— Hebrews 12



**Whole God,
wholehearted people,
wholehearted community**



Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love...No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.

— 1 John 4:7, 12



Wholeheartedness is the capacity to enjoy trusting, connected, vulnerable, compassionate, self-giving relationships with God, others, and self. It flows from the wholeness of our loving union and communion with the triune God, and is incomplete apart from real embodied relationships where we can practice being known and loved. Its opposite is an impaired capacity for loving relationships characterized by mistrusting, disconnected, defensive, divided, and self-fulfilling patterns of relating to God, others, and self.



Skills:

- Awareness & Attunement



Skills:

- Awareness & Attunement
- Courageous Vulnerability



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns
- Emotional Health



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns
- Emotional Health
- Caring & Connection



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns
- Emotional Health
- Caring & Connection
- Healing Shame



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns
- Emotional Health
- Caring & Connection
- Healing Shame
- Compassion & Empathy



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns
- Emotional Health
- Caring & Connection
- Healing Shame
- Compassion & Empathy
- Curiosity



Skills:

- Awareness & Attunement
- Courageous Vulnerability
- Replacing Reactive Patterns
- Emotional Health
- Caring & Connection
- Healing Shame
- Compassion & Empathy
- Curiosity
- Gratitude & Abundance Mindset



Skills:

- Affirmation & Blessing



Skills:

- Affirmation & Blessing
- Clarifying Expectations



Skills:

- Affirmation & Blessing
- Clarifying Expectations
- Owning & Telling Your Story



Skills:

- Affirmation & Blessing
- Clarifying Expectations
- Owning & Telling Your Story
- Building & Repairing Trust



Skills:

- Affirmation & Blessing
- Clarifying Expectations
- Owning & Telling Your Story
- Building & Repairing Trust
- Peacemaking



Skills:

- Affirmation & Blessing
- Clarifying Expectations
- Owning & Telling Your Story
- Building & Repairing Trust
- Peacemaking
- Creating Space for Rest, Play & Recovery



Skills:

- Affirmation & Blessing
- Clarifying Expectations
- Owning & Telling Your Story
- Building & Repairing Trust
- Peacemaking
- Creating Space for Rest, Play & Recovery
- Creativity



Skills:

- Affirmation & Blessing
- Clarifying Expectations
- Owning & Telling Your Story
- Building & Repairing Trust
- Peacemaking
- Creating Space for Rest, Play & Recovery
- Creativity
- Stewarding Power Wisely



Contexts:

- Singleness



Contexts:

- Singleness
- Marriage



Contexts:

- Singleness
- Marriage
- Parent-Child



Contexts:

- Singleness
- Marriage
- Parent-Child
- Gender & Sexuality



Contexts:

- Singleness
- Marriage
- Parent-Child
- Gender & Sexuality
- Multi-Cultural & Multi-Ethnic (age, class, race)



Seek for yourself, O man; search for your true self. He who seeks shall find - but, marvel and joy, he will not find himself, he will find God, or, or if he find himself, he will find himself in God.

— Augustine



“Real isn’t how you are made,” said the Skin Horse. “It’s a thing that happens to you. When a child loves you for a long, long time, not just to play with, but really loves you, then you become real.” “Does it hurt?” asked the Rabbit. “Sometimes,” said the Skin Horse, for he was always truthful. “When you are real, you don’t mind being hurt.” Does it happen all at once, like being wound up,” he asked, “or bit by bit?” “It doesn’t happen all at once,” said Skin Horse.



“You become. It takes a long time. That’s why it doesn’t often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out, and you get loose in the joints and very shabby. But these things don’t matter at all, because once you are Real, you can’t be ugly, except to the people who don’t understand.”

— Velveteen Rabbit & Skin Horse



COMMUNION



BENEDICTION



Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful.

The peace of Christ be with you. And also with you.

– 1 Thessalonians 5:23-24

