

The Biggest Lie in the History of Christianity Advent 2020 Book Study

I. Reflection & Questions for Week One— Be watchful! Be alert!

- ➔ It all starts with me. Just as we have been praying in our Parish Prayer for Healing the World, my own thoughts, words, and actions make a difference.
 - *Focus on affecting what you can affect, and you will have the most effect.*
- ➔ We were created for happiness and more.
 - What is working in my life? What's not working?
 - *It turns out that bringing happiness to other people increases your chances of being happy, while seeking happiness for yourself decreases those chances.*
 - *Do you believe it is possible to be happier than you have ever been?*
- ➔ The world gives us false promises of happiness by confusing happiness with pleasure.
 - *Getting what you want doesn't make you happy.*
 - *Who am I?*
 - *What am I here for?*
 - *What matters most?*
 - *What matters least?*
- ➔ Strive to be authentic, not perfect. You and I are not perfect, but we are beautifully imperfect.
 - *In short, we want everyone to like us. This of course leads us to present ourselves in ways that are inauthentic.*
 - *Esse quam videri (to be rather than to seem to be)*
 - *Pretending is life-limiting.*
 - *Who am I pretending to be right now?*
 - *What am I lying to myself about right now?*
 - *What place am I willing to give truth in my life?*