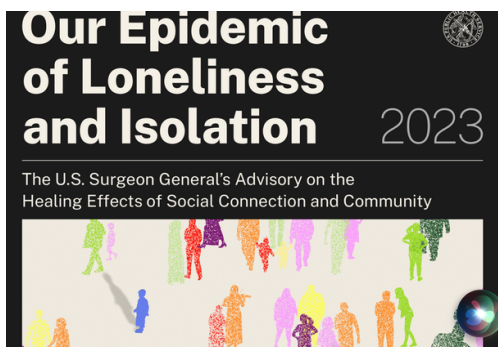




this week's creations to help you live a life of love
chris altrock: creator/ curator

5/19/23

sent about once a week, love lab aims to equip you to live a life of love--for God and for neighbor.

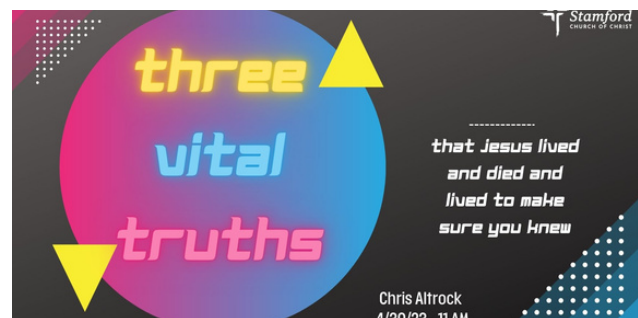


The U. S. Surgeon General recently released a health Advisory naming loneliness and isolation as a significant threat to public health--as dangerous as smoking 15 cigarettes a day or drinking 6 alcoholic drinks a day. The entire report can be accessed [HERE](#). While it has many implications, at the very least it ought to spur us to consider the role that community and spiritual friendship play in our formation. We desperately need to pursue God together with others, not alone and in isolation.

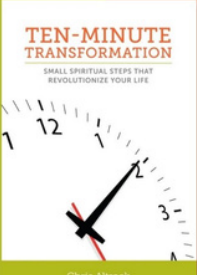
This recent sermon of mine explores three vital truths revealed in the interaction between Peter and Jesus before and after Jesus' crucifixion:

- My virtue is not fixed.
- My vice is not final.
- My value is not forgotten.

Take some time to listen to it/ watch it this week [HERE](#).



TEN MINUTE TRANSFORMATION
JULY 18-AUG 29, 2023



TEN-MINUTE TRANSFORMATION
SMALL SPIRITUAL STEPS THAT REVOLUTIONIZE YOUR LIFE

Chris Atrook

LGBTQ+ SAFE SPACE
CHRIS AND HIS CHURCH ARE OPEN AND AFFIRMING

IN THIS ONLINE GROUP, YOU'LL EXPLORE 12 SPIRITUAL DISCIPLINES THAT TAKE 10 MINUTES / DAY.

REQUIREMENTS:

1. ATTEND MOST OF THE 7 ZOOM SESSIONS TUES. 7 PM EST.
2. PURCHASE A COPY OF THE BOOK (UNLESS ALREADY OWNED).
3. READ A BRIEF CHAPTER AND PRACTICE ITS 10 MINUTE HABIT EACH DAY.

COST: \$50 + BOOK PURCHASE

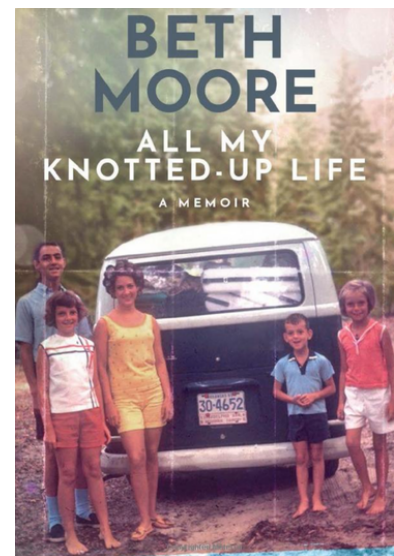
- DISCOUNTS ON REQUEST
- SCC MEMBERS FREE

REGISTER:

- PAY FEE: PURCHASE BOOK HERE: <https://lnktr.ee/chrisatrook>
- EMAIL FOR DISCOUNT / INQUIRY: chrisatrook@gmail.com

Ten Minute Transformation is my next online digital formation group. We'll meet 7 times via Zoom (Tuesdays, 7 PM EST) July 18- Aug. 29. We'll experience 12 spiritual practices that take 10 minutes or less and which prompt significant spiritual growth over the summer. Purchase the book (unless you already own a copy) / pay the \$50 registration fee (fee waived for Stamford Church of Christ members) [HERE](#). NOTE: This group is a safe space for LGBTQ+ friends and allies.

Beth Moore's memoir [*All My Knotted-Up Life*](#) is a revealing, surprising and deeply meaningful story. Once the darling of the Southern Baptist Church (SBC), she found herself eventually rejected by the SBC because of its patriarchy, sexism and right-wing extremism. Moore also shares of recovery from sexual abuse and of the impact of mental illness on her marriage. She explains the title in the book's closing page: *"I saw this life of mine going differently than it has. I saw myself turning out better than I have. Surer about how things go. I expected to have more riddles solved. More people sorted out. More grays dissolved to black-and-white. I never was able to divide up the room into the good and the bad the way I'd wanted. I couldn't even unmix my own feelings, let alone those of others. I needed neatness from God. What I got was a tangled-up knot. Funny thing is, not once had it occurred to me how little difference exists between a tight knot and a firm tie. Somewhere inside the balled-up, walled-up mass of tangled strands in the life of faith, the inscrutable God of heaven and earth has the loose ends tied. The ones that mean mean anything, anyway. Tied securely. Tied sturdily. Tied in such a way that all the human tugging, doubting, and fretting in the world can't lose them."*



THE RUSSELL MOORE SHOW EPISODE 53 | 49min

Rainn Wilson Tells Me Where I'm Wrong on Spirituality

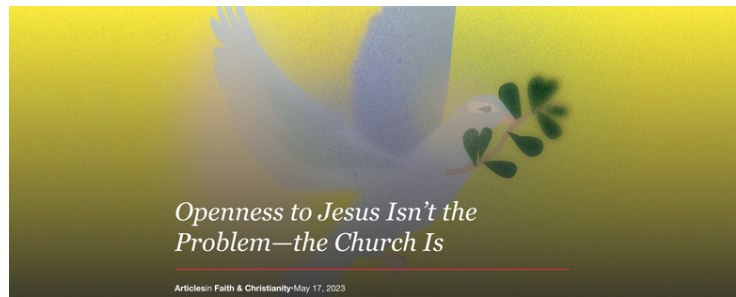
The actor and writer hopes today's young people will give faith a chance.

RUSSELL MOORE | MAY 17, 2023



This recent edition of Russell Moore's podcast features a fascinating conversation with Rainn Wilson (Dwight Schrute, on "The Office") speaking about spirituality and his new book *Soul Boom*. You might be surprised at what you learn about spirituality from this unlikely source. You may not agree with Wilson, but you'll be prompted to more deeply consider what really matters when it comes to the spiritual life.

71% of Americans view Jesus positively. Only 47% view churches in their community positively. And only 16% view megachurches positively. Read more in this recent study by the Barna Group [HERE](#).



Try this breath prayer this week. Breathe in with the first line. Breathe out with the second line. It's based on words from Teresa of Avila, who proposed that the soul (basin) expands to accommodate God (water). You can find reproductions of this breath prayer as a variety of wall hangings, as a sticker, for a phone case or as a mug [HERE](#).



These images from my social media posts from the last week can inspire and encourage you this week ...

