

**Chapter 7 – Pilgrims and Strangers**

- Manifestation of Perfectionism: drive to maintain appearances, compare ourselves to others, worry about what others think
- Our need is for a single-minded focus on God alone
  
- Saint Francis of Assisi
- His encounter with the leper freed him of his fear of social outcasts and led him to grow out of his fear of becoming an outcast himself.
- Francis realized if he wanted to live a Christlike life, he needed to live ALL of it and not handpick which aspects he would live.
  
- Comparisons are always dangerous and will leave me miserable.
- We each need to what we are being called to do and what choices we are being asked to make.
  
- Saints Junipero Serra
- Called to leave behind the baggage of “what if,” “why me,” and “what will they say” so we can ask “What is God asking of me right now?”
- Similar to Thérèse’s “What is the demand of love?”

**Chapter 8 – From Head to Heart**

- In biblical language, your heart is you: your deepest identity, the center of your spiritual, emotional and moral life, the place where you make decisions and judgments. The heart is your core.
- God offers us a full heart transplant. He offers to give us his own heart.
- St. Benedict – “Listen with the ear of your heart.”
- St. Francis of Assisi – desired to be totally transformed into Christ by the fire of Christ’s love consuming his soul.
- St. Francis de Sales – If Jesus lives in our heart, he will be revealed in your eyes, mouth, hands
- St. Jane de Chantal – “Gently pour into His Sacred Heart whatever your own heart bids you to say.”
- St. Ignatius – God speaks to us through the movements of our hearts, our emotions. Use these and the imagination in prayer.
- St. Alphonsus – our infinite Creator humbles Himself to draw near to us.
- St. Thérèse of Lisieux – struggled with the seemingly impossible standards of perfection set before her.
  - o Her “little way of confidence and love” is grounded in the truth that love is the greatest spiritual gift – “I shall be love!”
  - o “To be love in the heart of the church meant that she no longer had to deny her faults, her failures, or her ugly feelings. She only had to face her wounds honestly and offer them back to Jesus each time they came to her attention, trusting that if she cooperated with his grace and kept trying to love as He loves, He would take care of the rest. She discovered the ‘elevator of love’ and it led straight to the heart of Christ.”
  - o She borrowed Jesus’ love.
- Surrendering control allows me to sin my weakness and sinfulness sooner rather than wasting time rationalizing or running from them.
- Concern myself more with how I appear to God than worry about how I look to others.
- We learn alongside one another – no need to be perfect first.