



# Embrace & Resist

For this exercise we will use the following definitions to help evaluate areas we need to embrace or resist.

## **Top Left Quadrant: Light**

Influences or activities that positively impact **external** elements of our lives and well being.

*Example: Time with friends/family or serving others*

## **Top Right Quadrant: Life**

Influences or activities that positively impact **internal** elements of our lives and well being.

*Example: Reading The Bible or intentional moments of gratitude*

## **Bottom Left Quadrant: Darkness**

Influences or activities that negatively impact **external** elements of our lives and well being.

*Example: Entertaining or participating in gossip or fixating on offenses*

## **Bottom Right Quadrant: Death**

Influences or activities that negatively impact **internal** elements of our lives and well being.

*Example: Using substances to numb the world around you or excessive scrolling on social media*

Below you will find two lists that may be helpful as you evaluate parts of your daily routine that lead to light & life or darkness & death.

**Embrace:** What activities do you engage in that bring life or light (things that enhance peace, joy, hope and connection)?

1. Intentional moments of gratitude
2. Time with friends or family
3. Physical Exercise
4. Getting outside, nature, walks, hikes
5. Reading The Bible
6. Serving others
7. Spending quiet moments in prayer and reflection
8. Attending a small group
9. Encouraging others
10. Listening to meaningful content (podcast, sermon, etc)
11. Sabbath (a day off from work each week)

**Resist:** What activities do you engage in that lead to darkness or death? (Things that enhance stress, despair, fear and isolation)?

1. Scrolling on social media
2. Binge watching TV show or movies
3. Spending too much time at work
4. Entertaining or participating in gossip
5. Spending hours consuming the news
6. Using substances to numb the world around you
7. Fixating on offenses
8. Bringing work home
9. Purchasing items you cannot afford or do not need
10. Conjecture about situations, relationships or the future.  
(Conjecture = opinions or conclusions formed on the basis of incomplete information)
11. Engaging in meaningless banter in the comment sections of social media