

Chapter 1 : The Reluctant Journey - Thomas Nelson Bibles

In A Reluctant Journey, Kristen Grathwol shares her past and present battles with the chronic pain of fibromyalgia. Weaving personal experience with reflections on Scripture, A Reluctant Journey shows how the cycle of chronic pain can lead to a spiritual cycle of trust and praise.

In lieu of an abstract, here is a brief excerpt of the content: All Journeys Lead Home: Early on in the drama, we learn that Gilgamesh is dutiful and persistent as the enforcer of "taxes" in his kingdom, Uruk. One character, called the Traveler, remarks upon this arrangement: He was born part god, and we were born to pay tribute. Again, the Traveler comments: But I know Gilgamesh will be the first to knock upon the chamber door. In the end, Gilgamesh and Enkidu form a deep friendship and shared purpose. They journey in pursuit of the dreaded Humbaba, whose character represents to me the illusions and delusions in life, both internal and external—the inhibitors that distract us from and lock us out of birth and spiritual purposes. How can you kill me when you cannot even see me? I can go inside your heart and turn your knees to mud. At the end of Act I he is full of anguish and sorrow. Almost consumed by his pain, he sets off seeking to regain all he has lost, to recapture the power of life, and, if possible, to overcome death. In his search, Gilgamesh laments to Siduri the alluring barmaid at the "brink" of the world, which he must summon the will to venture beyond. He does so by breaking into the world beyond, wading into the unknown, enduring unimaginable physical challenges, and encountering the "Noah-like" sage Utnapishtam. At the end of his quest, the finality of death remains undisturbed, but we discover that the journey has nurtured Gilgamesh and connected him to compassionate communal purposes. Returning to Uruk, his city, he issues a command to "Open the prisons. Take rations to the poor. Komunyakaa This modern adaptation of the ancient epic of Gilgamesh was written by Yusef Komunyakaa along with Chad Gracia. As Komunyakaa and Gracia prepared to present the play to an audience that included potential producers and agents, I was invited to join the small troupe of actors who were assembled to give a dramatic reading of the work. On the day of the performance, as I and others gathered for a rehearsal that would be followed by the actual reading, Komunyakaa suddenly appeared in the studio; at a distance I saw a man who was unassuming and almost shy in manner. By his looks, Komunyakaa, "the brother," could have been from anywhere in the Diaspora and from any circumstance. Distinguished, yes, but yet Komunyakaa might have been any middle-aged man standing on any "corner" or sitting upon any throne anywhere in the world. Or any man caged anywhere in the world. He stood there, coming out of the picture with his speckled gray headhairs attending, deepening, and crowning his ebony features. Standing there, he seemed in another dimension, apart, still yet moving, somehow here and yet not here. Are prophets ever still, ever attached? After our rehearsal, we took directions from the director Jim Milton and from Chad Gracia, and then the ensemble took a break You are not currently authenticated. View freely available titles:

Chapter 2 : A Reluctant Journey: Finding God Through Chronic Pain by Kristen Grathwol

The Reluctant Journey is a well written conversation walking the reader through the books of Genesis and Exodus and the stories of Abraham, Jacob and Joseph.

He was the kind of person who believed in pulling himself up by his own bootstraps. Besides, he had no time for therapy. It takes so long. And he had so many important things to attend to. What a waste of time it would be to just go and on about stuff that happened in the past! And for what purpose? And yet, Pat had begun to feel that a different life was waiting for him on the other side of his wall. He just knew that life was no longer working for him anymore. At what should have been the height of his success, Pat was dreading getting up in the morning. Everything seemed so heavy. Finally, to appease his wife, he consented to trying a session or two. Much to his own surprise, a horde of resentments came rambling out of him without any prodding at all. Always tearing me down. Ridiculing my dreams for the future. An endless supply of disapproval. That was my father. That look on her face told me that whatever bad happened was my fault. I became successful “beyond my wildest dreams and certainly beyond theirs. Now life should be good. And it is sometimes. After all these years, is that ever going to change? He got straight to the point right away. But I gotta admit, therapy believed in me. It has been quite a quest to find my own truth. How does therapy do this? There is no simple formula. But at its best, therapy is an essential guide for developing a more authentic self. As you safely explore your feelings, thoughts and behavior in a supportive, nonjudgmental environment, the stage is set for magic to happen. Behold the magic of nature. Rejoice in the magic of color. Celebrate the magic of growth. Be open to discovering where your own magic will take you. D Linda Sapadin, Ph. Follow her on FB: Retrieved on November 9, , from <https://>

Chapter 3 : Reluctant hero - Wikipedia

The reluctant journey of Christ, His brutal death and suffering, is alive and at work in us. His death was a direct confrontation with the unholy trinity: sin, death, and the Devil. His work continues in us.

Sorrow to new life Sinner to saint The spiritual challenge is daunting. Imagine unpacking your gear at the base camp of Mount Everest as you look at the climb ahead of and above you. Put yourself on a beach in Normandy with a plan to take the plunge and swim to the White Cliffs of Dover. The spiritual calling of God is formidable. Oh yes, we may declare our unwavering commitment before the assembly of believers. Yet, tucked in the shadows of the soul, we are squeamish, guarded, and circumspect. We will make the journey, but we are going to ask if it is at all possible for the cup to be removed. We struggle with the wish that God might eliminate the journey and put us in the jet stream to heaven! Where did we develop the false impression that following Jesus was a stress-free boulevard? Jesus does not promise to save us from the struggle. Neither does Jesus abandon us in the struggle. First, Jesus has blazed the trail. He made the journey and conquered the journey. Though He was in the form of God, He chose not to cling to equality with God; But He poured Himself out to fill a vessel brand new; a servant in form and a man indeed. The very likeness of humanity, He humbled Himself, obedient to death – a merciless death on the cross! He leads the way and calls us to partner with Him, to join Him as His allies, companions, and joint-heirs. If we share with His sufferings, we know that we will ultimately share in His glory. He continues the battle through us. Therefore, adopt the mind-set of Jesus the Anointed. Live with His attitude in your hearts. Continue to work out your salvation, with great fear and trembling, because God is energizing you so that you will desire and do what always pleases Him. And so, more than once, we heave a sigh, return to our purpose, and give all to God again. Whatever happens, let Your will be done – not Mine. The next verse begins with the catch but. But there will be struggle as well as strength. There will be pain as well as power. The purpose of the partnership in suffering is revealed. But this beautiful treasure is the contained in us – cracked pots made of earth and clay – so that the transcendent character of this power will be clearly seen as coming from God and not from us. God places His treasure, the Spirit of Jesus Acts Yet, you have faults, flaws, and failures. Surely it is the wrong setting for such a diamond, yet, that is the point. Attention is drawn to the glittering light rather than the humble setting. And God answers our prayer; He leads us and delivers us. We are cracked and chipped from our afflictions on all sides, but we are not crushed by them. We are bewildered at times, but we do not give in to despair. We are persecuted, but we have not been abandoned. We have been knocked down, but we are not destroyed. We always carry around in our bodies the reality of the brutal death of and suffering of Jesus. As a result, His resurrection life rises and reveals its wondrous power in our bodies as well. His death was a direct confrontation with the unholy trinity: His work continues in us. We are His partners in the continuing battle. Thus, His resurrected life shines out through us. Excerpted with permission from *The Reluctant Journey*: Richard Leslie Parrott, copyright Thomas Nelson. Jesus knows that and experienced it just as we do. What reluctant journey are you on with the Lord? Pause today and say again, Whatever happens, let Your will be done – not Mine. Come join the conversation on our blog. We would love to hear from you! He teaches classes in Leadership and Research. He is also the Director of C. The Center of Leadership Effectiveness and Renewal.

Chapter 4 : Professional Reading: My Reluctant Journey - Modern War Institute

The Reluctant Journey is an honest and practical guide for relating to God. As authentic Christians, we can live true in Christ and our love for him each day, choosing His best for us so that together, we advance His kingdom "on earth as it is in heaven."

On top of that, all her friends were agnostics or atheists. So when God pursued and won her reluctant heart, she was more surprised than anyone else. The daughter of archeologist parents, she attended the Episcopal Church in Fairbanks, Alaska, but never really believed. Whatever shred of nominal faith she possessed was due to respect for her father, a brilliant man who taught himself to speak and read Russian. After her father began to express his own doubts about Christianity while she was in college, she fell headlong into unbelief. Then she moved to New York to work in Democratic politics. The first crack in her anti-faith armor emerged when she dated a Christian man. Immediately before this, she told a friend the only deal breaker in her dating world would be someone religious. After they dated a few months, her boyfriend called to say he had something important to discuss. She thought he might be slightly crazy. I was used to the high-church liturgy of my youth. But when Pastor Tim Keller began to speak, she found herself completely engrossed in his message. I decided to come back to hear him again. She left each week with some frustration, wondering, Why did he have to ruin a perfectly good talk with this Jesus nonsense? As Keller propounded the case for Christ, she began to question her atheism. At the same time, her boyfriend was praying that God would reveal Himself to Powers. After eight months of listening to Keller, she concluded that the weight of evidence was on the side of Christianity. In my most generous moments, I allowed that they were just imagining things that made them feel good. She called her boyfriend the next day, but before she could tell him what happened, he said he had been praying the night before and felt they were supposed to break up. More important, it was unwelcome. It felt like an invasion. I started to fear I was going crazy. When she walked into the Bible study she felt desperate, unsure how she would ever tell family or friends about her emerging faith. In my mind, only weirdoes and zealots went to Bible studies. I had not an iota of doubt. I was filled with indescribable joy. Slowly there was less fear and more joy. The Hound of Heaven had pursued me and caught me—whether I liked it or not.

Chapter 5 : Being a Man and Going to Therapy: The Reluctant Journey - The Good Men Project

The Reluctant Journey: Fulfilling God'S Purpose For You - Slightly Imperfect () by Richard Leslie Parrott Hear about sales, receive special offers & more. You can unsubscribe at any time.

Pin2 Shares Men are not born with a resistance to seeking certain kinds of help, including working with a therapist. There is no biological basis for being less open to therapy than women. As they grow from boys to men, the world and people around them produce a clear rhetoric: Why are men reluctant to get therapy? It could be watching brooding male characters refuse to shed a tear. The men who conform to these ideas of masculinity are less likely to seek treatment from therapists, according to this study from the University of Texas. They also view therapy as less favorable than forms of coaching that do not address feelings as much. It actually takes courage to confront emotions and to be vulnerable. This is usually because they have a limited understanding of what therapy is. Become a supporter and enjoy The Good Men Project ad free Then there are the men with mental health conditions and symptoms that force them to consider therapy and rethink their ideas of masculinity. It could be fatigue, sleep deprivation, panic attacks at work, or new outbursts of anger that are threatening their relationships. Listing symptoms is less awkward than talking about feelings or revealing sources of pain. Their significant other might demand they work with a therapist. Nonetheless, there are men who absolutely refuse, even in the worst circumstances. What happens when men finally decide to take the plunge and get some help? When Bob Smith pseudonym was suffering from prostate cancer, his loved ones urged him to talk through the issues with a professional. He refused, saying any sort of mental health treatment would not help his medical symptoms. Regardless of the reason or path to treatment, there is a small portion of men who are small compared to the number who report dealing with mental health conditions who finally look for a therapist. They either did not conform to the masculine norms that would hold them back or they felt there was no choice but to go to therapy. Women dominate the field of psychotherapy, so it can be difficult to find a male therapist who is a good fit. There is no evidence suggesting male therapists can provide better treatment to male clients. Nonetheless, it is easier for men to open up to male therapists, especially about issues such as sex and infidelity. Become a supporter and enjoy The Good Men Project ad free When men find the right therapist and start sessions, there are more challenges. Men are even more resistant to couples therapy. They worry the partner and therapist will gang up on them, especially if both are women. It is particularly difficult for men whose wives believe shaming them is an effective way to motivate them to try couples therapy, according to therapist Traci Ruble, who specializes in helping men feel comfortable in therapy. We can do this by telling them that starting when they are boys it actually takes strength and courage to confront emotions and to be vulnerable. People should keep this in mind if they want a family member, friend or significant other to try therapy. Emphasizing possible results and benefits is more effective than dwelling on shortcomings and problems. More than six million men suffer from depression and other mental health conditions, but less than half of them seek help. By understanding the obstacles men face when considering therapy, we can more effectively guide them toward treatment that can make them happier and in some cases save their lives. I also work as a writer, editor and content marketer in New York City. You can follow me on Twitter and Facebook.

Chapter 6 : A Reluctant Journey: Giving Therapy a Try Even When You Don't Want To

The Reluctant Journey has 6 ratings and 2 reviews. Nathan said: [Note: This book was provided free of charge by BookLook/Thomas Nelson Publishers in exch.

As a junior officer I was fortunate enough to be posted to the Royal Military College "Duntroon, and be exposed to units such as 1st Armoured Regiment, both of which had a rich culture of professional development, thanks to strong leadership that consistently prioritized not only training, but also education of their staff. When I became a sub-unit commander, I planned to carry on the tradition of developing my staff through unit-based PME sessions. I was soon hit with the challenges I had overlooked by setting such an aspirational goal for my geographically isolated, resource-limited health company. Like many units, we were very short on staff, and we were extremely busy supporting units all over Australia. Our company battle rhythm was often not worth the paper it was written on, as time set aside for our own training and PME was almost always trumped by the higher-priority support tasks of other units. At times I was envious of my combat arms peers who seemed to be able to set their own priorities for their sub-units and have their activities protected; for those working in support functions, their time, space, and priorities are mostly determined by those external to the organization. I was initially stubbornly determined that my company would pursue a weekly PME program covering a breadth of topics, even though at times I might only have an audience of 4-5 people because the rest were allocated to support tasks or away on essential courses. But as the months went past and preparation for major field exercises meant working many weekends and long hours each day for weeks on end, away from families, I felt guilty about taking precious time off staff with PME pursuits. I stopped prioritizing their education and adopted a less consistent, more sporadic approach to PME, primarily aimed at addressing obvious gaps in their immediate knowledge and experience, with no investment in longer-term skillsets needed into the future. I let myself off the hook from the more difficult, less familiar topics that I found challenging to teach, such as military history and strategy. I largely avoided the professional reading that I knew would enhance my knowledge in these challenging areas, regularly bypassing the military section of bookstores, and opting for lighter, more enjoyable novels which required little concentration to read. I was biased towards prioritizing the perceived short-term advantages of training, over the longer-term benefits of education. Visually, it did nothing to entice me to read it, but when I opened it and saw countless handwritten notes from Director General Training and Doctrine contained within the margins "I knew there must be far more to this book than meets the eye. Reluctantly, I started my journey of professional reading and after only a few pages, it became immediately obvious to me why he had suggested I read this book. It was about the birth of PME as a concept. His attempts to innovate, reform, and legitimize the army system in Hanover were unanimously rejected. Fortunately, the Prussian army recognized his talent and was able to convince Scharnhorst to transfer across. He wanted a mechanism to bring young soldiers together with more experienced soldiers so that they may learn from them. He proposed a curriculum that, despite being over years old, is still remarkably relevant today, covering military history, strategy, elementary tactics, applied tactics, topography, engineering, artillery, and a diverse range of general education topics mathematics, chemistry, languages, and physics. As I read page after page, the brilliance of Scharnhorst became more and more apparent, as many of the concepts he introduced into being are still used by many militaries today. He spoke of the need for quality instructors and close moderation of instructor standards, modifying curriculum and procedures to increase flexibility to suit the learning needs of individuals, using emotional intelligence and clever techniques in influencing others when implementing cultural change, and creating a healthy atmosphere for learning across all ranks. His concept for PME involved papers, lectures, debate, discussions, and essay competitions, as well as public recognition and reward for dedication to military studies. Greedily, I wanted more from the book to convince me all this dedication to academic pursuits was worth it. As any keen military historian will attest to, a short French guy by the name of Napoleon was quite a force to be reckoned with if you were around in the early s. In just six years, Prussia fielded an army that played a significant role in the defeat of Napoleon; the decisions made by the Prussian army were primarily

influenced by staff officers assigned to each general who had been personally trained by Scharnhorst. Carl von Clausewitz, arguably the most famous military theorist in history, studied under and received mentoring directly from Scharnhorst well before he published *On War*. Defeating Napoleon and producing students like Clausewitz was all the proof I needed that there is a very real benefit to prioritizing PME within the workplace, despite the tempo of units today. *The Enlightened Soldier* is unfortunately no longer in common circulation, so purchasing your own copy of the book is quite an expensive undertaking, unless you can find it at a second-hand bookstore. For those in the Australian Defence Force, however, it is available for free on loan through the Defence Library Service. If you would like to borrow a copy of it, please email: For the PME enthusiasts, it is a short, worthwhile read and despite its plain appearance, it is captivating for those interested in the professional development of themselves and their subordinates. Connect with her on Twitter: The views expressed in this article are those of the author and do not reflect any official position of the Australian Army.

Chapter 7 : Transformation: The Reluctant Journey - FaithGateway

The Reluctant Journey Fulfilling God's Purpose for You. The Reluctant Journey is an honest and practical guide for relating to God. As Christians, we can live true in Christ and our love for him each day, choosing His best for us so that together, we advance His kingdom "on earth as it is in heaven."

Oct 10, Nathan Albright rated it it was amazing [Note: Although I am not at all familiar with the author, from the crisp style of prose and the ease the author has making references to contemporary Bible translations as well as stories about his instruction in business leadership, the fact that this book draws upon a life of study as well as experience is obvious. That said, because of its contents this book was somewhat painful to read because a lot of it hit very close to home in very personal ways. This book is a look at three reluctant journeys of faith modeled by three members of the patriarchal family: Abraham, Jacob, and Joseph. The first path, that of Abraham, is the path of homelessness, of not belonging, of being a vagabond on the face of this earth. It is little wonder that this particular path mirrors my own. The second path, that of Jacob, is the path of wounds, by which we build a relationship with God through wrestling with Him and being deeply wounded by the experience. Again, my own personal experience of the deep wounds of abuse is not anything I feel it necessary to comment upon for anyone who has read my writings. The third path, the path of wisdom, is also one of painful personal relevance, with its focus on dreams and false accusations and moral conduct in difficult times and situations and the knowledge that God has some plan even if how it works out is anything but obvious. Obviously, this path is one I can personally relate to as well. The complexity of this book, and its focus on the dynamics of dysfunctional families and institutions is one that puts light on a lot of areas of my own life that cause me particularly difficulty. No doubt this would be true of many others as well. At its heart, the real strength of this book is in the way that the book examines the reluctance of people to journey with God because He is always bringing trouble into our lives, seeking to align this world with His, and seeking to build in us godly character. The fact that God chooses difficult people to work with means that the task of building godly character and godly relationships in a fallen world full of broken people is a horribly difficult task. The wonder is that He loves us enough even to undertake this task of wishing to partner with us and work in our lives knowing how harrowing of a task it is. God clearly likes a challenge. This book does not in any way shy away from this challenge, and points over and over again to the fact that committing to follow God will bring trouble into our lives, and that we should expect this trouble rather than being blindsided by it. This is not to say that the book is perfect—it is flawed in its discussion of a nonexistent Trinity, a seemingly obligatory area of commentary for many writers, as well as in the fact that it strongly favors translations that add words and that therefore shift understanding of passages in profound ways. Nevertheless, the larger points of this book are very sound and it is a book that ought to provoke a great deal of thought in its readers, even if those thoughts are not always pleasant. However there were various liberal expositions were worrying - suggestion of the notion that God did not know the heart of Abraham before he sacrificed Isaac, and that Joseph abused his authority as second-in-command of Egypt to enslave the people and was vengeful to his brothers are but 2 examples.

Chapter 8 : Kirsten Powers' reluctant journey from atheism | God Reports

Pat's journey continued for another year in which (in his words) he moved "from ignorance to knowledge, resentment to acceptance, chaos to clarity." It began as a reluctant journey but ended.

Chapter 9 : Project MUSE - All Journeys Lead Home: The Saga of Gilgamesh and the Progress of a Reluctant

Maj. Kelly Dunne has served fifteen years in the Royal Australian Army Medical Corps. She has served as Commander

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of the 8th Close Health Company and Adjutant of the Royal Military College - Duntroon, and has operational service in the Middle East and South Pacific.