

Making Three Spiritual Shifts Pondering Guide

In chapter 2 of *How to Lead When You Don't Know Where You're Going: Leading in a Liminal Season*, author Susan Beaumont suggests three spiritual shifts for leaders. They are:

Three Spiritual Shifts

1. From Knowing to Unknowing
2. From Advocating to Attending
3. From Striving to Surrender

In her comments on these spiritual shifts, the Rev. Dr. Tisha Brown suggested three questions to consider as you ponder which spiritual shift might be one for you or your congregation to make.

Three Questions to Consider

1. Where am I/are we stuck in my/our thinking? (Knowing)
2. Where am I/are we stuck in my/our attitude? (Advocating)
3. Where am I/are we stuck in the past? (Striving)

Since the process of making any one of these spiritual shifts is challenging, Tisha then suggested three mantras or phrases to adopt in the midst of these shifts.

Three Mantras to Consider

1. This is interesting. I wonder what is emerging now ... (curiosity/unknowing)
2. This is where we are/where I am now. I wonder what God/Spirit is doing here... (mindfulness/attending)
3. This is normal now. I wonder what is possible in this reality? (accept reality/surrender)

This process of making these spiritual shifts is challenging and it takes time. There are three things we need to keep in mind as we go through this process.

In the process...

1. Allow yourself to be uncomfortable/feel discomfort.
2. Allow yourself to let go.
3. Allow yourself to grieve.

And above all, don't do this alone! Gather your community, your family, your support network and share this experience together.