



*“Those who can imagine anything, can create the impossible.” **Alan Turing***

WEEK 1: AUGUST 29TH - SEPTEMBER 4TH

When you think about what is possible you have to be open to being vulnerable and courageous. It is not just about believing in possibility, but about being willing to come through after a few wounds. Consider who you would take along with you to reach your possibilities. You want someone you can lean on through the ride.

Question: *Which Quote is You...right now?*

Sometimes we find a quote that perfectly captures the time or situation in our life. It puts into words what we've felt but struggled to speak and we see everything falling into place.

This week we challenge you to find a quote that speaks to your idea of possibility (see next page).

Was it easy to pick out one? Hard? Try placing your quote on possibility somewhere you will see it daily. It can help you stay focused on what your idea of possibility is.

*Jesus looked at them and said, “With man this is impossible, but with God all things are possible.” **Matthew 19:26 NIV***

Resources

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*“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.” **Francis of Assisi***

WEEK 2: SEPTEMBER 5TH - SEPTEMBER 11TH

Question: *What word(s) showed you your potential or possibilities?*

Ever had an AHA moment when you read something, saw something, or someone said something to you? I'm sure each of us had at one point in our lives. I had a former student say something to me that made a light bulb go off in my head. That light bulb put a series of motions that in turn changed my life. Spend this week identifying the word or sentence that made the idea of something possible for you.

Maybe it was something a teacher said to you. Or a hard truth told to you with tough love by a friend. Maybe it was something you read in a book or heard in a movie. For some, it will be the thing your parent said to you over and over. For a few, it will be something that came to you in a dream, or out of a fortune cookie. Often it will be something that woke you up or gave you the courage to defy some societal or familial expectation that was keeping you small. For many of us, it was something someone said that began with, “I see in you...”

Don't keep this exercise in your head. Ask others what word or sentence changed their life, and opened them to new possibilities. Hearing their special words will undoubtedly shake loose your own.

*“Ah, Lord God, it is you who have made the heavens and the earth by your great power and by your outstretched arm. Nothing is too hard for you.” **Jeremiah 32:17***

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“It is only when we take chances that our lives improve. The initial and the most difficult risk we need to take is to become honest.” **Walter Anderson**

WEEK 3: SEPTEMBER 12TH - SEPTEMBER 18TH

Question: *When you put something down does it open new possibilities?*

Robert Bly gives us a chance to think just that in the poem he wrote, *Things to Think*,

Think in ways you’ve never thought before.
If the phone rings, think of it as carrying a message
Larger than anything you’ve ever heard,
Vaster than a hundred lines of Yeats.

Think that someone may bring a bear to your door,
Maybe wounded and deranged; or think that a moose
Has risen out of the lake, and he’s carrying on his antlers
A child of your own whom you’ve never seen.

When someone knocks on the door, think that he’s about
To give you something large: tell you you’re forgiven,
Or that it’s not necessary to work all the time, or that it’s
Been decided that if you lie down no one will die.

Roberts's poem can serve as a reminder of how things drain our spirit. When we put things down, it can open up space for new possibilities.

Consider this week what in your life drains your spirit? Is it work, friendship, something at home, a role you play in your family, a hobby that you never have time for or something that you expect from yourself? What if you put it down or just let it go for a week? Imagine what could be possible!

“Trust in the LORD with all your heart and lean not on your own understanding”
Proverbs 3:5

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“Live the rest of your life in possibility” **Benjamin Zander**

WEEK 4: SEPTEMBER 19TH - SEPTEMBER 25TH

Question: *Can asking a question create new possibilities?*

One of the best ways to explore possibility is to bring it into the conversations you have in your everyday life. Or to put it another way, give you a chance to deepen and enliven your conversations and relationships.

Here are some conversation starters rooted in possibility. Choose one or all of them and take them into a conversation with family or friends.

Part of this exercise is about the insights that arise from meaningful conversation, but another part is to notice the joy, meaning, and even fun we tap into when our conversations go beyond the weather and normal chit-chat.

Conversation starters about possibility:

- *What’s something new you’ve learned about yourself in the last three months?*
- *If you did not have to sleep, how would you spend the extra 8 hours?*
- *If you weren't doing your current job, what would your dream job be?*
- *How has your belief in the possibility of a better world grown or shrunk over the past couple of years?*

“The things which are impossible with men are possible with God.” **Luke 18:27**

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“It's the possibility of having a dream come true that makes life interesting.” **Paulo Coelho**

WEEK 5: SEPTEMBER 2ND - OCTOBER 2ND

“When I think of possibility, I think of all the people and opportunities we close the door on. Such as: ‘I will never see eye to eye with my sister.’ ‘I couldn't possibly leave this job to start my own business’ ‘I will never have close friends like I had where I used to live.’ ‘I will never really make a difference, so why bother?’“

Question: *What questions can you ask yourself about possibilities?*

When it comes to possibility, are you among those who carefully access the cliff and gather an abundance of gear for the descent? Or are you one of those who simply leap and trust that you'll figure it out on the way down? And...what does your partner or family think of your particular way of pursuing the possibilities that lie at the bottom of the cliffs?

What are others learning about living and leaning into possibility by watching you?

Who taught you the most about defying expectations and unleashing your potential and possibility? How did their courageous living spill over into your own?

Take time this week to consider what possibility means to you. What can you do to change your possibilities?

“But I will hope continually and will praise you yet more and more.” **Psalms 71:14**

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