

## Week 5: Questions for Discussion and Thought

A “world without a why” is described by Dr. Farley as the idea that all beings have inherent worth simply because they are created “beautiful, beloved, and dearworthy” by God—not for any other reason. How do you relate to this idea that our worth is not measured by “doing” things that we perceive to be merit-worthy?

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What motivates you to the work and activities you do? Are you able to do these things from a “peaceful place” or is it a place of “anxiety” about worth? What expectations do you place on yourself and others?

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What might you do to increase your love of God, self, and neighbor? How might you create a way to be reminded (like Dr. McFee’s “wonder” phone reminder) to check on the patterns of our mind that are creating obstacles to peace, to being open to our neighbor, awareness of the love of God?

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