



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

ONTREND

ancient roots of modern practices

PART 2: INTERMITTENT FASTING

ancient roots of modern practices

“But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”

Matthew 6:17-18

MODERATION LEADS TO _____

EXCESS LEADS TO _____

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_____ SOMEONE ELSE'S FAST

MEANS YOU HAVE MISSED THE POINT.

“Who are you to judge the servant of another? To his own master he stands or falls; and he will stand, for the Lord is able to make him stand.”

Romans 14:4

FASTING ISN'T JUST ABOUT _____,

BUT WE DO IT _____

FOR ENCOURAGEMENT

IF YOU ARE AVOIDING FASTING
THEN YOU MIGHT NEED TO EMBRACE IT.

PART 3: MINIMALISM

ancient roots of modern practices

Minimalism is the process to rid oneself of life's _____ in order to identify what is _____ in life.

There is a direct correlation between the external _____ in my life and my internal _____ and salvation.

1. LOSS OF _____

For what I want to do I do not do, but what I hate I do. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. So I find this law at work: Although I want to do good, evil is right there with me. – Romans 7:15

Those who love money are fierce in the pursuit of it, like wild animals pursuing their prey. They do not allow the ties of friendship to restrain them; they betray, cheat, or exploit their closest friends when there is gold or silver to be gained. Nor do they let the chains of conscience inhibit them. They learn to make their consciences as numb as fingers on a cold day. – St. John Chrysostom

2. LOSS OF _____

The man who owns much and is concerned only with the things he owns in spirit owns nothing. He cannot admire the beauty of any part of God's creation unless he is the legal owner. He cannot rejoice in the artistry of any building unless it belongs to him. Beauty and artistry belonging to other people simply evoke jealousy and envy in his breast. And even the things which he does own cause him no lasting pleasure, because as soon as he has acquired one thing, he is calculating how he can acquire another. – St. John Chrysostom

3. LOSS OF _____

A lack of margin ultimately leads to a loss of clarity

The hearts of the rich are so preoccupied with maintaining and enhancing their wealth that they have neither time nor space to consider matters of religion and morality. Their eyes become blind to the suffering they cause, even to members of their own families. And their ears deaf to the cries of those whose lives are ruined by them. They imagine themselves to be free, pursuing their own interests without constraint. Yet in truth, they are slaves to their own greed. – St. John Chrysostom

Jesus answered, 'If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven.' – Matthew 19:21

1. _____

Entrust all your wealth to God, because then it is protected against all who want to steal or destroy it. He gives some people more than they need, not that they can enjoy great luxury, but to make them stewards of his bounty on behalf of orphans, the sick, and the crippled. If they are good stewards, they will become rich in spirit, their hearts filling with joy. – St. John Chrysostom

2. _____

Happiness can only be achieved by looking inward & learning to enjoy whatever life has and this requires transforming greed into gratitude. – St. John Chrysostom

3. _____

Regard as free not those whose status makes them outwardly free, but those who are free in their character and conduct. For we should not call men truly free when they are wicked and dissolute, since they are slaves to worldly passions. Freedom and happiness of soul consist in genuine purity and detachment from transitory things. – St. Anthony the Great

– LOVE PEOPLE, USE THINGS –

PART 4: SUSTAINABILITY & ZERO WASTE

ancient roots of modern practices

Zero Waste is a focus on
waste prevention and product reuse.

EXTREME VIEW 1: _____

EXTREME VIEW 2: _____

A CHRISTIAN VIEW: _____

The world is not only a gift, but a task for man. – Fr. Dumitru Staniloae

The LORD God took the man and put him in the garden of Eden to work it and keep it. – Genesis 2:15

When they had all had enough to eat, He said to his disciples,
'Gather the pieces that are left over. Let nothing be wasted.'
–John 6:12

CLAIMING OWNERSHIP _____ US

And Jesus took the loaves; and when He had given thanks, He distributed to the disciples, and the disciples to them that were set down; and likewise of the fish as much as they would. – John 6:11

BEING _____ IS THE FIRST STEP TO A SUSTAINABLE LIFE.

For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. –Romans 1:20

Then God blessed them, and God said to them, 'Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth. – Genesis 1:28

'Be still, and know that I am God' –Psalm 46:10

'I denied myself nothing my eyes desired... everything was meaningless, a chasing after the wind; nothing was gained under the sun.'
–Ecc. 2:10–11

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