

This Too Shall Pass

Study/Discussion Material for the podcast from Sunday 2/08/2015

From Dennis Merrit Jones' *The Art Of Uncertainty*, pages 33-35

“Can you recall the times in your life when you suffered the most? Regardless of when or where it was, the likelihood is that the suffering was attached to your desire to have something in your life stay the same when, in actuality, it was in the process of changing, or you were attached to wanting something to change before it was ready to.

“There is great wisdom in the ancient saying, ‘This too shall pass.’ It confirms that you can and should expect change and uncertainty as a natural part of your life experience because nothing (and no thing) lasts forever. The sooner you learn this life lesson, the less you shall suffer. Mastering the art of uncertainty will enable you to approach change with nonattachment (or at least less attachment), and in the process, the portal through which change can flow will open with grace and ease.”

Study/Discussion Questions:

1. How do we love and enjoy life without being “attached” to it?
2. Faith can help us to navigate through life’s changes—*but faith in what?*
3. What is the process of “letting go” and why is it important?