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**Life Model
Works
Leaders'
Collective**

**Session 6
*Shalom***



Today's
topics

Shalom

Implications

Exercises

“And he took bread, gave thanks [Greek: eucharisteo] and broke it, and gave it to them ... ” (Luke 22:19 NIV).

At the very root of *eucharisteo* is the word ***charis***, meaning “**grace**,” and its close derivative ***chara***, meaning “**joy**.” Think about the implication for a moment.

At the heart of thanksgiving is grace and joy!

Joy, Grace, and Shalom

“...joy, grace, and shalom are all members of one family: Joy is not quite the same thing as her sister Grace or her sister Shalom...In the Greek language of the New Testament, Joy and Grace are two forms of the same word. Grace is the third declension form and Joy is the first declension form. Joy is the response to Grace.” (Joy Starts Here, page. 14)

“Joy is high energy. Shalom is quiet and low energy. God has so wired the brain that every experience of Joy calls for a time of rest to follow. It is an endless cycle: high-energy Joy followed by low-energy Shalom.” (Joy Starts Here, page 14.)

"Joy is Peace Dancing and Peace is Joy at Rest." F.B. Meyer

What is Shalom?

- ▶ “When everything is harmonized and working together correctly, the right things are in the right place in the right amount, so everything pleases God, we have reached shalom. In shalom all things work together for good for those who are synchronized with God.” - Wilder-Khoury-Coursey-Sutton, Joy Starts Here, page. 243.
- ▶ •Shalom is fundamental to the Life Model and relates to the state of our amygdala’s (Level 2).
- ▶ •We aim to get our Level 2 regulated. This is tied to one of the 5 to Thrive ideas: “Receive and Give life.” (Our fears are calmed.)

What Shalom is not!

- ▶ “People, particularly those with dismissive attachments, think that keeping the peace, avoiding problems or dismissing feelings as “no big deal” is shalom, because there is no conflict or escalation of feelings. Quiet is not the same as shalom. Some tyrants keep a pseudo-shalom by punishing any opposition or expression of discontent, claiming peace when there is no peace.” –Joy Starts Here, page. 241.

Implications

1. Leaders often don't understand shalom and giving people rest
2. Our culture doesn't understand "working from a place of rest"
3. Many people do not recognize signs of overwhelm.
4. How do you recognize overwhelm in...
 - ▶ Yourself: Are you connected with your body?
 - ▶ In others: facial cues, body language
 - ▶ In a group: body language, distracted attention

Exercises

Shalom My Body - box breathing, yawning, Moro reflex, tense/relax muscles head to toe, tap vagus nerve

Simple Quiet - appreciation, gratitude

Quiet Interactively - eye contact and looking away

Passing the Peace - 1. + 2. then notice what thought brought you peace. A whisper from God? Tell 2 others.