

BLOCK One | Becoming Radical Indifference

"Everything has the potential of calling forth in us a deeper response to our life in God. Our only desire and our one choice should be this; I want and I choose what better leads to the deepening of God's life in me." Ignatius of Loyola 1491-1556

Sacred Phrase | Your Presence, My Feast



Week One | Core Needs & Insecure Attachment

I light this candle, tuning into the presence of the Father, Son, and Holy Spirit here with me now...

Pause... Take at least two full minutes to recover your breath.

5-second inhale, 2-second hold. 7-second exhale.

And now let's begin...

God, I choose to trust that You are here with me, desiring to meet me in this moment. As I begin to pray, I breathe slowly, focusing my scattered thoughts on Your presence. I welcome the fullness of who You are into the fullness of who I am, right here, right now.

Insecure attachment - A turning away from God to meet our core needs.

"I do not understand what I do. For what I want to do, I do not do, but what I despise, I do... For I have the desire to do what is good, but I cannot carry it out. 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..." Romans 7:15,18

You are deeply loved by God and pursued, even now. In the safety and confidence of this love, take an honest inventory of how you seek to satisfy your need for feminine love apart from God. Start by examining your need to feel safe, secure, soothed, and seen. Observe this with as much detail and honesty as possible.

Recognize any waywardness of your soul, viewing your actions as trailheads. What if these acts—whether of omission or commission—are meant to lead you into the depths of your core, unmet longings and desires? Can you look with curiosity and kindness, beyond sinful behaviors to uncover the deeper needs they reveal?

"God's kindness is intended to lead you to repentance." Romans 2:4

Week Two | Repairing Secure Attachment

I light this candle, tuning into the presence of the Father, Son, and Holy Spirit here with me now...

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Secure attachment - Our core needs are satisfied in God and His Kingdom.

“From Galilee, Jesus returned to Jerusalem to observe one of the Jewish feasts. Inside the city, near the Sheep Gate, there is a pool called in Aramaic, The House of Loving Kindness, surrounded by five covered porches. Hundreds of sick people were lying under the covered porches—the paralyzed, the blind, and the crippled—all of them waiting for their healing. For an angel of God periodically descended into the pool to stir the waters, and the first one who stepped into the pool after the waters swirled would instantly be healed. Among the many sick people lying there was a man who had been disabled for thirty-eight years. When Jesus saw him lying there, he knew that the man had been crippled for a long time. Jesus said to him, ‘Do you truly long to be well?’” John 5:1-6 TPT

Meditate on your core needs as a man. We all share the longing to feel safe, soothed, seen, and secure. What if God has both the infinite capacity and desire to meet these needs, helping us restore secure attachments and return to Him? Remember, the entire Gospel is a restorative journey from isolation into the family of God. What if God longs to reveal Himself and relate to us through restored relationships—as Father, Mother, Sister, and Brother?

Sit with this question, offered from the heart of God, in genuine curiosity toward you, His beloved son: *What are your deepest needs and longings? What is it that you truly want?*

How is the Trinity inviting you to experience these needs being fulfilled in God? What doorway toward secure attachment with Him is opening to you today—one you have not yet seen or been able to walk through? What is in the way?

“You have made us for yourself, O Lord, and our hearts are restless until they rest in You.” St. Augustine, Confessions 1909

Week Three | Interior Freedom

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God, I choose to trust that You are here with me, desiring to meet me in this moment. As I begin to pray, I breathe slowly, focusing my scattered thoughts on Your presence. I welcome the fullness of who You are into the fullness of who I am, right here, right now.

Interior Freedom - Yes to God in *this* circumstance.

“Everything has the potential of calling forth in us a deeper response to our life in God. Our only desire and our one choice should be this; I want and I choose what better leads to the deepening of God's life in me.” Ignatius of Loyola 1491-1556

Reflect on your current circumstances. Which ones are you resisting? Are you telling yourself things would improve if they changed? Instead, use your sanctified imagination to explore how this situation could deepen God's life within you.

Consider how God might be blessing, pursuing, and inviting you into a deeper union with Him through it. What conversation is He inviting you into today?

Week Four | Active Indifference

I light this candle, tuning into the presence of the Father, Son, and Holy Spirit here with me now...

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And now let's begin...

God, I choose to trust that You are here with me, desiring to meet me in this moment. As I begin to pray, I breathe slowly, focusing my scattered thoughts on Your presence. I welcome the fullness of who You are into the fullness of who I am, right here, right now.

Active Indifference - The freedom to live the kind of life that says “Yes” to God in *every* circumstance, with confidence God alone is all I need. I can surrender the circumstances I *think* I need and rest not in what I want but in this curiosity with God - “What do *you* want?” Luke 22:42

“I’m glad in God, far happier than you would ever guess—happy that you’re again showing such strong concern for me. Not that you ever quit praying and thinking about me. You just had no chance to show it. Actually, I don’t have a sense of needing anything personally. I’ve learned by now to be quite content whatever my circumstances. I’m just as happy with little as with much, with much as with little. I’ve found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.” Philippians 4:12-13 MSG

Active indifference is the deepest maturity of our initiation, where we stop seeking freedom *from* our circumstances and instead find freedom *within* them. It’s about learning to say *YES* to God's presence, affection, and love in any and every situation.

What keeps you from releasing the desire for your circumstances to change?

In what ways does life currently feel misaligned with what you believe is right, best, or good?

How might God be inviting you to see these circumstances as the perfect provision to deepen your relationship with Him rather than striving to return to what feels more aligned with what you believe is right, best, and good?

How are you being invited to become well acquainted with your preferences AND return those preferences to God? How can you take your idea of what is right, best, and good and give this back to God?

“Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will. All I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me” -Suscipe, St. Ignatius

Your love and your grace is enough for me.

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Taking Action

1. **JOIN** BGS Alumni Slack community if you still need to do so. Participants who are joining for only some of The Grove Blocks and not the entirety of the journey should have received an invitation to the Slack channel within the BGS Alumni Slack organization with the name **The-grove-all-participants**. If you have not, reach out to conrad@wildatheart.org.
2. **MEDITATE:** Engage in each weekly meditation for 5 of the next 7 days of each week. What do you notice?
3. **PRACTICE THE SACRED PHRASE - *Your Presence, My Feast*** - in conversation with God throughout the moments of your hours and days in this next month.
4. **ANSWER THIS QUESTION:** Your life is full. What will you set aside or intentionally let go of to make room for The Grove?
5. **FULL PARTICIPANTS:** If you desire, post a short video/audio message in your specific cohort channel. *"To know me better as we enter into The Grove..."*, provide your cohort with some further context of your journey that would be relevant for them to walk with you deeper. Please only post these in your cohort channel.
6. For handouts, recorded sessions, and anything else relevant to The Grove, go to BecomeGoodSoil.com/TheGrove.

For the Kingdom,
Morgan