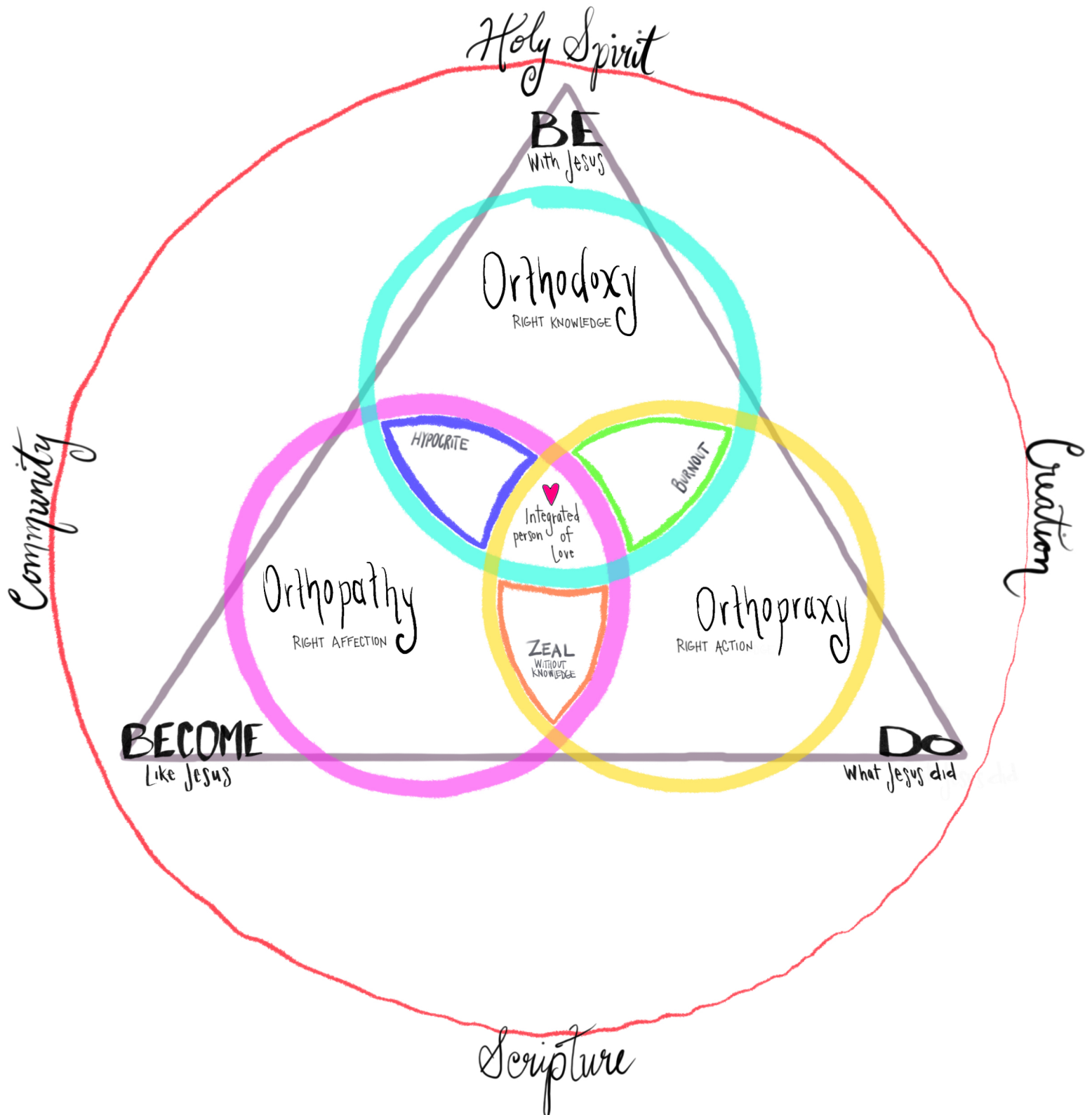


SPIRITUAL FORMATION



JESUS' EASY YOKE (LECTIO DIVINA)

INTRODUCTION

Jesus has just denounced the cities where he did most of his miracles, because they did not turn from their sins and put their trust in him as Lord and Savior. He is pronouncing God's judgment on those cities, when suddenly he stops to pray. Then he changes his tone to tenderness, and invites the people to join the “easy yoke” of his intimacy with the Father.

Our scripture reading today is...

MATTHEW 11:25-30 (MSG)

25-26 Abruptly Jesus broke into prayer: “Thank you, Father, Lord of heaven and earth. You've concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that's the way you like to work.”

27 Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I'm not keeping it to myself; I'm ready to go over it line by line with anyone willing to listen.

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

FIRST READING

Listen for a word or phrase that catches your attention and invites you to linger with it. Which word or phrase taps your longings, stirs your curiosity, or even provokes you as you listen? What is the Holy Spirit whispering to you? Meditate on that by repeating it to yourself in your head. Write it down here.

SECOND READING

Carefully ponder the word or phrase revealed to you. As you allow it to unfold, what emotions are stirring as you connect with it? How does it specifically relate to your life right now? Are there any memories or images surfacing? Take a moment with the Lord and pay attention to what is emerging. Record your experiences here.

THIRD READING

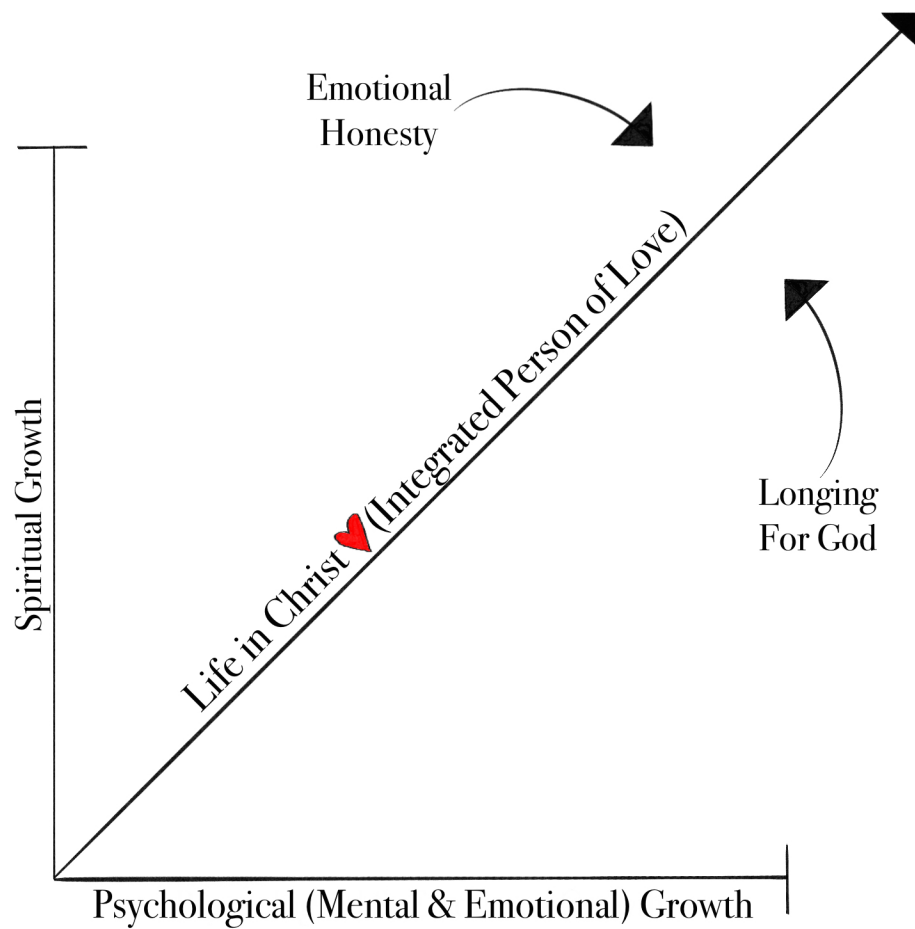
Speak honestly with God about your response to His word, and listen for God's response to you. Is He extending an invitation into a new awareness of something for you to "know" or "become"? Or is there a sense of action for you to "do"? You can write down what God may be saying to you or a prayer of gratitude. Or rest quietly in God.

CLOSING BREATH PRAYER

(Inhale) Jesus teach me...

(Exhale) ...your unforced rhythms of grace.

SPIRITUAL & PSYCHOLOGICAL GROWTH



Vocabulary of Emotions/Feelings

tomdrummond.com

	Happiness	Caring	Depression	Inadequate	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Strong	Delighted Ebullient Ecstatic Elated Energetic Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tickled pink Turned on Vibrant Zippy	Adoring Ardent Cherishing Compassionate Crazy about Devoted Doting Fervent Idolizing Infatuated Passionate Wild about Worshipful Zealous	Alienated Barren Beaten Bleak Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful Worried	Blemished Broken Crippled Damaged Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero	Appalled Desperate Distressed Frightened Horrificed Intimidated Panicky Paralyzed Petrified Shocked Shook up Terrified Terror-stricken Wrecked	Baffled Befuddled Chaotic Compounded Confused Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Trapped	Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned	Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Outraged Provoked Seething Storming Truculent Vengeful Vindictive	Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong
Medium	Aglow Buoyant Cheerful Elevated Gleeful Happy In high spirits Jovial Light-hearted Lively Merry Riding high Sparkling Up	Admiring Affectionate Attached Fond Fond of Huggy Kind Kind-hearted Loving Partial Soft on Sympathetic Tender Trusting Warm-hearted	Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant	Afraid Alarmed Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Dizzy Foggy Frozen Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled	Belittled Cheapened Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Tortured Troubled Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished	Apologetic Ashamed Contrite Crestfallen Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry
Light	Contented Cool Fine Genial Glad Gratified Keen Pleasant Pleased Satisfied Serene Sunny	Appreciative Attentive Considerate Friendly Interested in Kind Like Respecting Thoughtful Tolerant Warm toward Yielding	Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distracted Uncertain Uncomfortable Undecided Unsettled Unsure	Annoyed Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy Used	Bugged Chagrined Dismayed Galled Grim Impatient Irked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Embarrassed Hesitant Humble Meek Sheepish

Entering into Silence with God

You are responding to a profound invitation. God is very near! He calls you into communion during your time of silence; be still and listen. Let God create a space of silence inside you where it is enough to simply be. He is building trust with you as you risk facing yourself and lifting your face to God. You will begin to experience a quiet freedom away from the noise and input of others. You are invited to come with no expectations but to simply be together with the Father, Jesus and the Holy Spirit.

As you begin fasting from the sound of your own voice, these ideas may aid you in settling in:

1. Begin by reading the quotes and scripture about the value of silence
2. If you are tired, give yourself permission to take a nap. Invite God to take it with you. Resting can be prayer. Sleep is a spiritual practice.
3. Take a walk in nature. Let your five senses guide you in wonder. Simply notice what you see, hear, smell, touch and feel. Share what you notice with God.
4. If you journal, a prayer of recollection can help you collect distractions so you can tend to them later. Draw a vertical line down the middle of a sheet of paper, separating the page into two parts. Use the right column as a space to write down distractions as they come up. Then gently return your attention to God. As you become still, notice impressions, or as Sue Currie, a Professor of Spiritual Direction, says, "feelings that whisper past your heart or a sense that glistens at the edge of your awareness. Hold what you notice before God, asking 'Is this from you?' Allow the back and forth nature of conversation to develop. You are listening for the Spirit that resides in the deepest part of you, praying with groans too deep for words. You can then collect your impressions and words from God in the left column to continue to ponder. What is from the Lord will last. All else will fall away.
5. If you are in a difficult emotional season, allow a prayer of lament from the Psalms to furnish language for what may feel unspeakable. Psalm 13 and 88 may be a place to begin. Bring your whole self before God, being honest. Let the "honest words" become your prayer. You can also do the *SLOW Examen* provided in your retreat guide (separate sheet).
6. If you notice resistance, be gently curious with yourself before God.
7. As you enter into silence, your mind begins purging many thoughts, and you may consider gently returning to a simple prayer repeatedly, "Your will be done," or "I love you, O Lord, my Strength."
8. Where do you sense the stress you are carrying in your body? What movement or releasing might become a prayer of surrender?
9. You might feel the need after a time of silence to do a *Daily Examen*. See separate sheet with examples.

Wisdom on Silence

Please read these quotes thoughtfully before you enter into silence...

- ❖ "The Sovereign Lord ...He wakens me morning by morning, wakens my ear to listen like one being instructed."
Isaiah 50:4 NIV
- ❖ "I weave a silence onto my lips, I weave a silence into my mind, I weave a silence within my heart."
David Adam
- ❖ "Take care how you listen."
Luke 8:18 - Jesus to his disciples
- ❖ "You have bedded me down in lush meadows; you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction."
Psalms 23:2-3
- ❖ As we remain in silence, "Our capacity to open up wider and wider to God grows."
Adele Calhoun
- ❖ "Spiritual disciplines are meant to prevent everything in your life from being filled up. It means somewhere you're not occupied and you're certainly not preoccupied. It means to create that space in which something can happen that you hadn't planned on or counted on."
Henri Nouwen
- ❖ "In silence we are listening for the word that we cannot speak."
Thomas Merton
- ❖ In contemplative prayer "You can be very near to him in your naked sincerity, and He will do the rest, drawing out from you the longings deeper than you ever knew were there and pouring into you trust and love."
Archbishop Michael Ramsey

Silence & Solitude

PRAYING A PSALM IN ITS NATURE SETTING

The Psalms of the Bible give voice and shape to our struggles and longings to connect us with God's loving heart. Similarly, the beauty of God's creation draws us to delight in God's goodness and his loving presence in the moment. The special revelation of God's word and the general revelation of God's creation are two primary ways that the Lord speaks to us and cares for us (Psalm 19).

The benefits of God's Word and nature have both been confirmed in scientific research. One study showed that reading the Bible four times per week reduces loneliness and compulsive behavior. Other studies indicate that being in nature reduces cortisol (stress hormone), improves health in many ways, facilitates problem-solving, and increases creativity. Putting Scripture and nature together for the shepherding of your soul is a powerful combination!

A RETREAT GUIDE

Try allowing thirty minutes or more of quiet to pray and meditate from a Psalm. You may want to bring along a journal to write out your prayers and what you sense God might be saying to you.

PSALM 1 AND A TREE

Sit near a tree as you meditate on Psalm 1. Reflect on what you fill your mind with as you go about your daily life. Perhaps there's some clutter in your head (e.g., worries, gossip, wishing things were different in your life, self-criticisms, angry conversations, lustful thoughts, lists of things you need to do, diversions).

Pray that you'd be like the Psalm 1 Man who delights continually in God's law and his Word and so he easily and naturally bears much fruit. "He is like a tree planted by the streams of water" and "his delight is in the law of the Lord and on his law he meditates day and night" (vv.2-3).

What is the Lord saying to you through the tree? How is your fruit bearing going?

PSALM 16 AND A PATH

Take a walk with Jesus on a path. Consider a decision you need to make and with that in mind imagine yourself following Jesus or walking hand-in-hand with him. Pray about what path you're to take. Perhaps it's even more important to pray about how you're to walk on whichever path you take.

Let David's words in Psalm 16 inspire you: "I have set the Lord before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body will also rest secure... You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand" (vv. 8-11).

What is Jesus saying to you on your path? In your daily life, what helps you to walk in the joy of the Lord?

PSALM 19 AND THE SKY

Look up at the sky as you contemplate Psalm 19 and the sweetness of God's Word – his personal message of love for you.

Especially meditate on these words: "The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech... In the heavens God has pitched a tent for the sun, which is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course" (vv. 1-2, 4-5).

How is Jesus like the sun to you? Your Bridegroom who pursues you in love? Your Champion who sets the way and pace for your life's race? What else do you notice about the sky?

PSALM 36 AND A FOUNTAIN OR ANY FLOWING WATER

Pray by a fountain or any flowing water. Perhaps you've been busy or dry lately. Let the water speak to your soul. Listen to the Spirit in its splashing waters. Attune your life rhythm to its rhythm; go with its flow.

Ask God to use the fountain to help you to meditate on Psalm 36, which includes these words: "[We] feast on the abundance of your house; you give [us] drink from your river of delights. For with you is the fountain of life; in your light we see light" (vv. 8-9).

What does the fountain teach you about where you're at in your relationship with God today? In what ways do you need Christ to be a fountain of life for you?

PSALM 42 AND A WATERFALL, OCEAN, OR STREAM

Sit and listen to the Deep in God calling to the deep in your soul at a stream or waterfall while you meditate on Psalm 42.

Let the flowing waters help you to pray with the Psalmist: “Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By the day the Lord directs his love, at night his song is with me” (vv. 7-8).

What does the stream teach you about becoming the person that God dreams for you to be? How is Jesus speaking to you or ministering God’s love to you in the stream?

PSALM 46 AND A LAKE OR STREAM

Pick a quiet spot by a lake to be still with Jesus and pray Psalm 46 (or pray as you walk around the lake).

After you’ve spent some time with the Psalm, focus on verse 10. Take in the peace of the lake as you slowly repeat to yourself God’s words to the Psalmist: “Be still and know that I am God.” Make your prayer a “Breath Prayer” by breathing in the words slowly and deeply.

What does the lake teach you about the kind of person God dreams for you to be? In what areas of your life do you need to learn from Jesus to “Be still?”

PSALM 62 AND A ROCK

Find a large rock to sit on (or near) or a small one to hold. In his desert trials, David often found shelter, safety, rest, and prayer in a cave in the rocks. Perhaps in some area you’re feeling unsure or unstable, fearful or fickle. Open your heart to God and tell him just how you feel.

Use the rock to meditate on Psalm 62. Pray that his words would be true of you: “Truly my soul finds rest in God alone; my salvation comes from him. Truly he is my rock and my salvation...” (vv. 1-2).

How do you need Jesus to be your Rock today?

PSALM 63 AND A CACTUS (OR DROUGHT TOLERANT PLANT)

Find a cactus plant and notice how it has survived the hot weather and lack of rain. Pray that God would help you to be like the cactus.

Meditate on Psalm 63 and take heart from the way that David’s heart longed for God: “O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water” (v. 1, NLT).

Are you feeling dry spiritually? In your life today how are you sensing God’s presence? What are you longing for?

PSALM 72 AND A GRASSY AREA

Sit in a grassy area. You might want to take your shoes off and let your feet feel the grass! Consider how you, like the grass, need continual water to live.

Let the grass help you to meditate on Psalm 72:6: “[Christ] will be like rain falling on a mown field.” Feel your thirst for God’s living waters... Try using this Breath Prayer: Breathe in slowly as you whisper: “Fall on me, O Spirit of Christ...” Then breathe out slowly as you whisper: “Like rain falls on a mown field.”

What helps you to relax and be refreshed? What helps you to satisfy your thirst for more of God’s Spirit?

PSALM 92 AND A TREE

Find a palm tree or cedar tree (or any tree will do). Consider your need for regular and ample rest and how this helps you to notice and participate in what God is doing.

Meditate on the palm or cedar along with Psalm 92, the one Psalm in the Bible designated as “For the Sabbath Day.” Especially pray that verses 12-14 would be true for you: “The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.”

Are you getting enough Sabbath time? If not, why not? In your life today what would it look like for you to flourish in the courts of the Lord?

PSALM 104 AND THE BIRDS

Look and listen for the birds. Notice how joyfully they sing! The same Father that cares for them cares for you. Let the birds lead you to give thanks and praise to God. With the birds and the angels of the heavens you are joining God’s love song—he sings his love over you first!

Meditate on the birds and on Psalm 104:1, 12, 28, 30 (ESV): “Bless the Lord, O my soul. O Lord my God, you are very great... The birds of the heavens dwell [by the waters]; When you open your hand, they are filled with good things... When you send forth your Spirit, they are created, and you renew the face of the ground.”

Recently have you been appreciating God’s goodness and care? Right now is a good time to smile, sing, and give thanks to God!

Prayer of Daily Examen

Richard Foster describes the Prayer of Examen as follows:

"It has two basic aspects, like two sides of a door. The first is an *examen of consciousness* through which we discover how God has been present to us throughout the day and how we have responded to his loving presence. The second aspect is an *examen of conscience* in which we uncover those areas that need cleansing, purifying, and healing."

What the Prayer of Examen Looks Like

At the beginning/end of each day, prayerfully reflect on the internal and external events and experiences of your life using any of the following sets of questions

Morning/Evening

For what moment yesterday/today am I most grateful?

For what moment yesterday/today am I least grateful?

What was yesterday's/today's high point?

What was yesterday's/today's low point?

What was most life-giving yesterday/today?

What was most life draining yesterday/today?

When yesterday/today did I have the greatest sense of belonging to myself, others, and God?

When yesterday/today did I have the least sense of belonging to myself, others, and God?

When yesterday/today did I sense connection with God?

When yesterday/today did I sense a disconnect with God?

When yesterday/today did I give and receive the most love?

When yesterday/today did I give and receive the least love?

When yesterday/today was I happiest?

When yesterday/today was I most sad?

Other Forms of Daily Examen

The following movement through the practice of Examen is provided by Ruth Haley Barton (108 - 109. *Sacred Rhythms*. IVP, 2006)

1. **Preparation** - Be still and know God's love for you. (at least 5 minutes)
2. **Pray the Jesus Prayer** - "LORD JESUS (breathe in)... HAVE MERCY ON ME (breathe out).
3. **Invitation** - Ask the Holy Spirit to guide you in reflecting on the day/yesterday
4. **Review the day** - Identify times throughout the day when you experienced God's love, presence, guidance, protection. Did God teach you something new about himself? Ask, "Where did I encounter you?" Reflect on yesterday's/today's favor from God.
5. **Give thanks** - Thank God for his presence with you throughout the day, the freedom you experienced to live in God's love, and walk in faithfulness as a disciple of Jesus.
6. **Confess** - Ask the Holy Spirit to reveal any attitudes or actions that did not reflect the character of Christ or the fruit of the Spirit.
7. **Ask forgiveness** - Be assured of God's forgiveness (1 John 1.9). "Ask God if there is anything you need to do to make things right relative to the situation you have confessed" (108).
8. **Seek out spiritual friendship** - Share your insights, points of confession, and desire to walk in faithfulness with a friend.

SLOW Examen - Brian James McMahon- Churchwell.co

Settle - Into God's presence

Survey - Where am I?

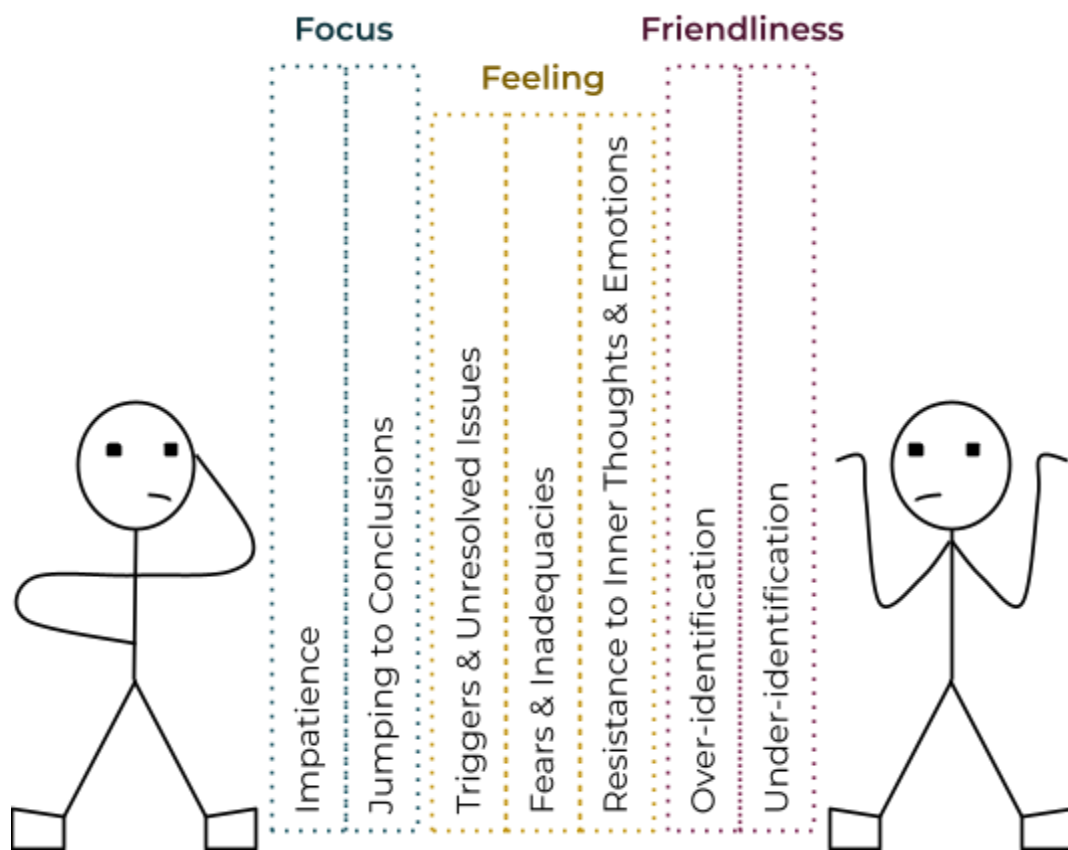
Lament - What am I carrying? What hurts?

Own - How is my response to my pain impacting me, my behavior, or my relationships?

Welcome - Where is God in this? What is God saying?

Pray - Invite God into your space of revelation and let Him speak to you through prayer, His word and His presence

Invisible Communication Barriers



Notes:

Adverse Advisors



Name:

Characteristics:

Name:

Characteristics:



Name:

Characteristics:



Name:

Characteristics:



Name:

Characteristics:

Name:

Characteristics:

Once Upon A Time...

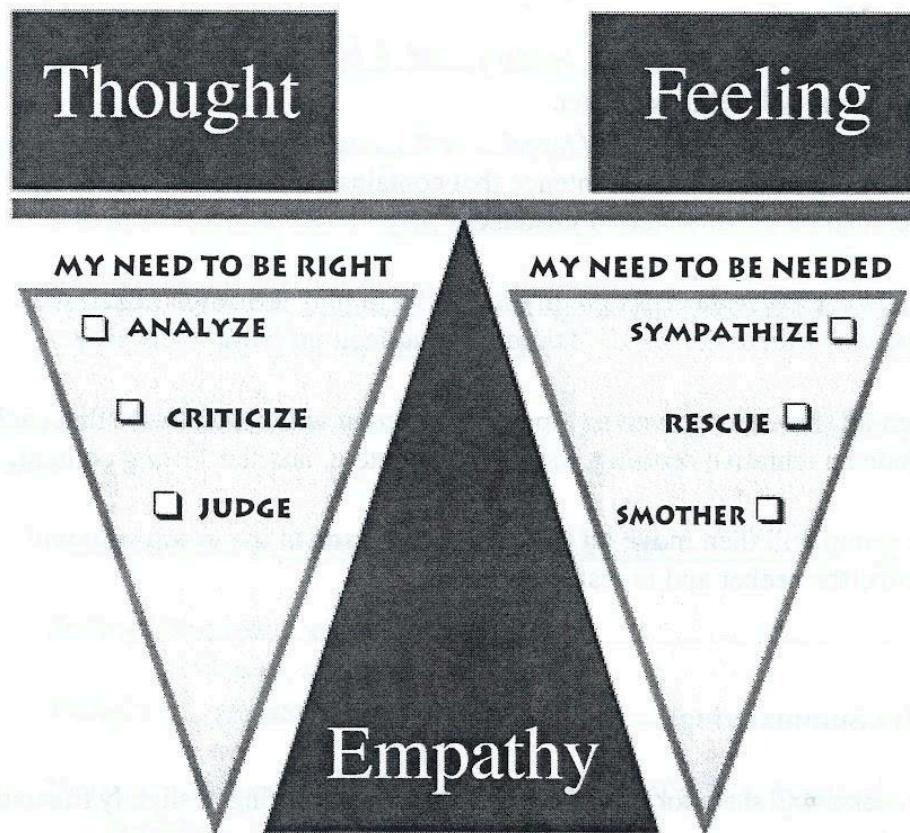


Name:

Characteristics:



Balancing Thought & Feeling



- Overcomes the invisible communication barriers of over-identification and under-identification
- Overemphasis on 'Thought' = detached analysts, aloof, cold, judgemental, critical
- Overemphasis on 'Feeling' = caught up in sympathy, rescuing, emotional smothering
 - ◆ Hinders growth
 - ◆ Helpers prone to codependent overfunctioning are especially vulnerable in this area
- Goal is communicating understanding, NOT interpreting or correcting

Examine Seeker Statements

1. *"I can't go to the BBQ this weekend. John will be there! I don't think I can stand seeing him with someone else."*

Feeling: _____

Thought: _____

Tentative opening: _____

Tentative statement (reply): _____

2. *"Whenever I think about the promotion my boss promised me, I start to get all jittery inside."*

Tentative opening: _____

Feeling: _____

(because, about, or when)

Thought: _____

Tentative statement (reply): _____

3. *"I wonder what I've done to make her mad this time? I can't do anything right around here. No matter how hard I try to please her, she just glares at me."*

Tentative opening: _____

Feeling: _____

(because, about, or when)

Thought: _____

Tentative statement (reply): _____

Mirroring & Summarizing

Small Group Activity

Empathic Mirroring:

1. Decide who will begin as Seeker.
2. The Seeker will share one sentence that contains a thought and a feeling, which can be either stated or unstated.
3. Each of the other three people in the quad will play the Helper. Each will tentatively mirror the Seeker's thoughts and feelings back to the Seeker.
4. When all three have given a response, the group will check to see that each included a tentative opening, the thought content, and the feeling content.
5. The group will then move on to the second person in the group who will become the Seeker and repeat the process.

Empathic Summarizing:

1. The Seeker will share for one minute about a mildly exciting or slightly frustrating experience.
2. Each of the other three people will play the helper. Each will use a tentative statement to briefly summarize the thoughts and feelings expressed or implied by the Seeker.
3. When all three have given a response, the group will check to see that each included a tentative opening, the thought content, and the feeling content.
4. The Seeker will give feedback by telling each Helper how their response affected him/her.
5. Repeat the process until everyone has had a turn being a Seeker.

EMPATHIC LISTENING RECIPE

Tentative opening	+	Feeling	+	About/because/when	+	Thought
It sounds like . . .		you feel mad . . .		about . . .		paying higher taxes.
I hear you saying that . . .		you feel sad . . .		because of . . .		what she said to you.
If I hear you correctly . . .		you feel glad . . .		when . . .		your sister succeeds.
You seem to be saying . . .		you feel afraid . . .		about . . .		your father's ill health.
I think I hear you saying . . .		you feel confused . . .		because of . . .		all the different options.
I'm not sure I'm following . . .		you feel ashamed . . .		about . . .		wanting to leave home?
Am I hearing you say . . .		you feel lonely . . .		when . . .		you remember your wife?

FEELING WORDS:

MAD	SAD	GLAD	AFRAID	CONFUSED	ASHAMED	LONELY
Bothered Ruffled Irritated Displeased Annoyed Steamrolled Irritated Perturbed Frustrated Angry Fed up Disgusted Indignant Ticked off Bristling Fuming Explosive Enraged Irate Incensed Burned Burned up Outraged Furious	Down Blue Somber Low Glim Lonely Disappointed Worn-out Melancholy Downhearted Unhappy Dissatisfied Gloomy Mournful Grieved Depressed Lousy Crushed Defeated Dejected Empty Wretched Despairing Devastated	A Little At ease Secure Comfortable Relaxed Contented Optimistic Satisfied Refreshed Stimulated Pleased Warm Snug Happy Encouraged Tickled Proud Cheerful Thrilled Delighted Joyful Elated Exhilarated Overjoyed Ecstatic	A Little Uneasy Apprehensive Careful Cautious Hesitant Tense Anxious Nervous Edgy Distressed Scared Frightened Repulsed Agitated Afraid Shocked Alarmed Overwhelmed Panic-stricken Horrid Terrified Numb	A Little Curious Uncertain Ambivalent Doubtful Unsettled Hesitant Perplexed Puzzled Muddled Distracted Flustered Jumbled Unfocused Fragmented Dismayed Insecure Dazed Bewildered Lost Stunned Chaotic Torn Baffled Dumbfounded	A Little Uncomfortable Awkward Clumsy Self-conscious Disconcerted Chagrined Ashamed Embarrassed Flustered Sorry Apologetic Ashamed Regretful Remorseful Guilty Disgusted Belittled Humiliated Violated Dirty Mortified Defiled Devastated Degraded	A Little Out-of-place Left-out Unheeded Lonesome Disconnected Remote Invisible Unwelcome Cutoff Excluded Insignificant Ignored Neglected Separated Removed Detached Isolated Unwanted Rejected Deserted Outcast Abandoned Desolate Forsaken