

WISDOM SESSION

Life's Shopping List

“The constant desire to have still more things and still a better life and the struggle to obtain them imprint many Western faces with worry and even depression, though it is customary to conceal such feelings.” – Aleksandr Solzhenitsyn

Almost everyone has gone grocery shopping on an empty stomach and without a shopping list. Everything that tastes good looks especially attractive, and the shopping cart ends up filled with too many snack foods and not enough nutrition.

When the cashier rings up the final total and announces the bill, you are in a state of shock at the cost of your unplanned shopping spree. The worst part may not be the cost, but explaining to your wife how you spent so much money and still didn't get what the family needed!

The object of grocery shopping is to purchase a nutritionally balanced diet for the family. Shopping without a list risks spending your time and money on the wrong food.

Life's many options can be like the well-stocked shelves of a grocery store. To have any control over our lives whatsoever, we must decide in advance what we will give ourselves to.

The object of setting priorities is to allocate limited amounts of time and money where our faith directs us. But too often we choose our priorities with the same foresight as our trip to the grocery store, and the things we give priority to are simply not what our family need or where our faith guides us.

- *The Man in the Mirror*

“Teacher, which is the greatest commandment in the Law? Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment.” – Matthew 22:36-38

II - Implementation Intention

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.