



## For the Grown-Ups! S'more or N'more?

### *Introduction:*

It's been a long winter/year! Here's a favorite treat to prepare and eat while you take a few moments to reflect on where you are with everything!

### *Supplies:*

From Box: Graham crackers, marshmallows, and chocolate bar

### *Instructions:*

Place graham cracker and marshmallow on cookie sheet and broil for 1-2 minutes. Remove from oven and put chocolate on top followed by additional graham cracker and allow to melt for another minute. Enjoy!

As you probably know, the treat you made is called a s'more which is a contraction of "some more" as in "I'd like some more, please!" It's a great name for what we experience when we combine chocolate, marshmallows and graham crackers!

Sadly, in thinking about what we're experiencing this year, I think another contraction might resonate. Namely, "N'more", as in "Stop", "Enough is Enough", "I want to run away", "NO MORE!" I recently heard an interview with a well-known, successful pastor, consultant, and author who said he's thought about quitting more this year than in all his previous years combined. I can relate. And I imagine many of you can too. So what can we do to press on?

1. **Normalize vs. Catastrophize.** Wanting to run away isn't exactly a feeling we enjoy or want to hold on to. But it does seem to be normal considering what we've been going through this year. Rather than panic and catastrophize the emotional and spiritual angst you already have, accept that this is an understandable place to be. You're not alone in your feelings. So what if you even could offer yourself compassion vs. condemnation for any of the struggles you've had or might continue having during this time?
2. **Name and share what you're feeling.** Some great questions to reflect on personally and talk about with a spouse or friend are the following:
  - a. What is making you sad these days?
  - b. What is making you mad these days?
  - c. What is making you glad these days?
  - d. What is making you anxious these days?

You may not have something for each of these, but taking time to check in with yourself and then share about these with others can help sort out the jumbled mess.

3. **Engage in holy wonder and curiosity.** If becoming more Christ-like is still the goal, somewhere in the midst of everything we're going through is an invitation to know Jesus more. The

pandemic, racial tensions, economic collapse, and political divisions have all served to strip away many of the illusions of comfort and safety we thought this world could offer. With the curtain now pulled back, consider these two questions:

- a. What might God want to show us about our relationship with Him and others?
- b. What invitations and even blessings might He be extending to us even in the midst of all these challenges?

*“I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, so that one way or another I will experience the resurrection from the dead!”*

Philippians 3:10-11

N'more is what my feelings say often these days. But s'more is what my faith still says is possible in terms of knowing Jesus more and loving others better during this time and beyond.

God loves you and we hope these reflections can remind you of that. We also welcome the chance to offer grace, truth, and love through connection or counsel so please reach out if you'd like to pursue anything further with a pastor (contact Brian Dietz, Family Pastor, [brian@highrock.org](mailto:brian@highrock.org)) or spiritual guide (contact Carolyn van Oloo, Director of Soul Care, at [carolyn@highrock.org](mailto:carolyn@highrock.org)) and we'd be happy to connect you.