

Stronger At Our Broken Places

..... source unknown (adapted and modified by Amy Fox)

When most of us hear the name, Abraham Lincoln, we tend to think of a man who encompassed greatness: a man who unified this country and abolished slavery. A man who led by example and action.

But, what most of us forget, or don't know, is that Lincoln was also a man who suffered immensely.

He grew up in poverty, he lost his mother when he was a child, he lost his lover when he was a young man, and he lost countless times at the ballot all the while battling severe depression.

Lincoln suffered set back after set back, but rather than being buried by his lot in life, he used his path for purpose – he turned his wounds into wisdom and grew stronger at his broken places.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

Perhaps strength doesn't reside in never having been broken, but in the courage required to grow strong in the broken places.

Allow yourself to arrive in this moment, as you are, where you are. However you have shown up today is just fine.

Start to bring some strength and intensity to your breath, deepening your breath here...

DURING CLASS

Before Telling the Story

Life's most testing moments are really asking us a question: how will you choose to see this thing in front of you?

We can look at the pain, the hurt, the brokenness we're feeling and we can say to life, "Why is this happening to me?" And we can drop down the rabbit hole of victimhood. We can forget that we have a choice in our perspective.

Or, we can touch the pain that hurts us, we can lean into the thing that's breaking us and we can whisper, "What are you here to teach me? Show me the way?" And we can use those broken moments as the stepping stones to purpose, wisdom and strength.

After Telling the Story

The hard things tend to harden us. The heavy things, on some level, usually break us. But, if we can remember that strength doesn't reside in never having been broken – if we can remember that we all break sometimes – we can leverage the courage to grow stronger in our broken places.

When you're faced with challenges and discomfort – when you literally (physically or emotionally) break down and fall apart – how do you show up?

CLOSING CLASS

We often don't realize our full potential until we go through tough times and we allow ourselves to be in that vulnerable place.

We heal when we feel and lean in. We heal when we realize we grow stronger in our broken places.

EXTRAS

There's a Japanese art form known as KINT-SUE-GEE and when a ceramic object breaks, rather than be thrown away, it is repaired with gold to put the broken pieces back together. The result is unique, each crack reattached – the piece embraces its flaws and imperfections and ends up stronger and more beautiful than how it began.