

## PEARLS TO RECEIVE

Purpose / Goal / Direction  
 Vision  
 Mentor / Community Support / Guidance  
 Friendship / Companionship  
 Patience  
 Gratitude / Grace / Thankfulness  
 Hope  
 Recognition  
 Good communication  
 Cooperation  
 Kindness  
 Belonging  
 Appreciation  
 Acceptance  
 Connection  
 Respect  
 Nurture

Authenticity  
 Honesty  
 Creativity  
 Transparency  
 Commitment  
 Rest and Sleep  
 Solitude  
 Peace  
 Resilience / Perseverance  
 Mutuality  
 Laughter / Joy / Fun  
 Play  
 Presence  
 Freedom  
 Inspiration  
 Choice / Autonomy  
 Space  
 Meaning  
 Awareness

Tenderness  
 Inclusion  
 Learning & Growth  
 Self-Respect  
 Healing  
 Vision / Dreams  
 To Grieve  
 Love  
 Consideration  
 Empathy  
 Community  
 Understanding  
 Trust  
 Support  
 Stability  
 Safety  
 Exercise  
 Financial Security: Shelter, Food, Etcetera

# BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

## The Parable of the Great Pearl

*(Script from Godly Play: story from the Gospels)*

There was once someone who said such wonderful things and did such amazing things that people followed him. As they followed him, they heard him talking about a kingdom, but it was not like the kingdom they lived in. It was not like any kingdom they had ever visited. It was not like any kingdom that they had ever heard of.

They couldn't help it. They had to ask him what the kingdom of heaven was like. One time when they asked him, he said, "The kingdom of heaven is like when a person who buys and sells fine pearls, a merchant, goes to search for the great pearl. When he finds the great pearl, he goes and exchange everything for the great pearl."

## WHAT PART(S) OF THE STORY IS ABOUT YOU?

### SEARCHING FOR THE TREASURE

What places (areas in your life) have you searched for this priceless treasure?



### LETTING GO

What things in your life do you have to let go in order to access this priceless treasure?



### NAMING YOUR TREASURE

What is (are) your priceless treasure(s) that you are searching for? What are your deep human needs?



## Moments in my life journey when I searched for the priceless treasure (circle them)



# things we grieve

the loss of a loved one

the loss of a pet

a breakup or a divorce

# things we might also grieve

major life transitions

the effects of big decisions (even when those decisions are ultimately good for us)

a friendship breakup

being unable to achieve a goal or fulfill a dream

the person we were before something traumatic or life-altering occurred

bullying, verbal and/or physical violence

change of life routine (daily, weekly)

loss of your home

a diagnosis

moving to a new location

losing a job or switching careers

a faith transition or a shift in our other beliefs

loss property, belongings

loss of physical ability  
health decline

loss of income  
financial insecurity

loss of safety & stability feeling  
vulnerable/insecure

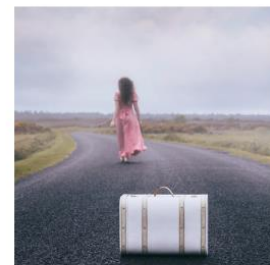
loss of community

rejection by family & friends

## What heavy things do I carry that I need to **let go**? (Circle a few)

- Perfectionism
- Obsessive thoughts & worries
- Negative thoughts (intrusive?)
- Judging myself negatively, negative self-image
- Anger (expressing in unhealthy ways: being violent towards self or others)
- Not seeking help (Belief: I don't need help. I can do this by myself, I don't need anyone)
- Isolating myself from others
- Negative coping (example, self-medicating with dangerous substances)
- Making unhealthy (dangerous) life choices
- Overwhelming toxic relationships, negative people in my life
- Too much social media
- Not seeking help with my addiction
- Blaming, not taking self-responsibility
- Over-helping others without setting boundaries for myself causing burn-out
- Avoid commitment
- Avoidance of discomfort, or anything unfamiliar
- Avoid therapy for my trauma
- Unhealthy eating habits

OTHERS?



# PRICELESS PEARLS THAT I YEARN FOR



## IN MY LIFE (Circle a few)

- Purpose / Goal / Direction
- Vision
- Mentor / Community Support / Guidance
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- Patience
- Gratitude / Grace / Thankfulness
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- Financial Security:  
Shelter, Food, Etcetera