

WELLSPRING | Year End 2024



Joel & Gerri Warne
Wellspring Life Resources, Inc.

FOMO v JOMO

*"I have abandoned all particular forms of devotion, all prayer techniques.
My only prayer practice is paying attention. I carry on a habitual, silent and secret
conversation with God that fills me with overwhelming joy."*

Brother Lawrence, 16th century

So—Sven got a new dog. He took the dog hunting one day with Ole. Sven shot a duck. The dog ran across the surface of the water to retrieve the duck. Sven shot two more ducks and each time the dog ran atop the water to retrieve them. So Sven asked Ole, "Do you notice anything about my new dog?" "Ya," replied Ole, "He can't swim."

Ha! Ole needs help to see the miracle happening right in front of him! Every moment, God's miracles, presence and recreating activity exist in and in front of us. How do we see the saving presence and activity of God always wooing us to join in?

In John 6 a hungry crowd needs food but there is none. A young boy offers the gift of a bit of bread and a few fish. Andrew, the disciple, says, "Very nice, but what are they for so many?" Jesus is not deterred, and dinner is served.

Humans find it hard to look past initial appearances into the full nature of something. It's not that what we see isn't true or real—it's just not complete, not the whole picture. For the disciples the bread and fish look like one good meal. Jesus sees that too. But on a deeper level he sees infinite possibilities present in the bread.

How do I see God's possibilities ready to support me in the moment of life I'm in today? Here's one way.

FOMO

You've no doubt heard the term FOMO to describe the "fear of missing out." FOMO keeps my radar always active and sweeping the scene for fear I might miss some activity, fun or fun that everyone else seems to be in on. Well, there's a kind of "spiritual FOMO" that always keeps me looking for new ideas, books, techniques or influencers to give me the silver bullet that will solve my life and fix my experience of God. The result is a kind of schizophrenic hopping from one idea or technique to the next, never really settling into something long enough for good things to take root.



JOMO

Recently, I heard a new term – JOMO - the "**joy** of missing out." JOMO is a gift to introverts whose motto is: "*I want you to invite me to your party, but I don't want to go to your party.*" Ha! JOMO is ok with releasing the exhausting search for tingly new experiences and embracing instead the beauty of getting comfortable in my own life and my own world—the life and world God has given me.

Brother Lawrence was a simple, unassuming 16th-century monk—and was very JOMO-y! Lawrence seems to have kept things totally simple. His habit was to just pay attention to God's presence in and with him wherever he was. His biographer writes:

"I have a friend who these forty years past has been practicing a realization of the Presence of God. To it he gives many other names; sometimes he calls it a loving gaze, an inward

cont'd on back

what's your 2025 dream?

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the lines – sail away from safe harbor... Dream!" –Mark Twain

"Accomplish your dreams one step at a time. Don't cut your coat according to your elder brother's size. Dream big, but start small—do what you can a little at a time." –Israelmore Ayivor

"By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went – even though he did not know where he was going." –Hebrews 11:8

"If you follow Christ, there will come a time when others will say, 'You are mad! You are not like us, you are mad!'" –Monk, 4th century

"It always seems impossible until it's done." –Nelson Mandela

sense of God; yet again he terms it a waiting on God, a silent converse with him, the life and peace of the soul..." Monsieur Beaufort, Spiritual Maxims

Brother Lawrence is known today for his gentle, loving and simple method of practicing an awareness of God's caring, ready, continual presence. He says, *"Having found in many books different methods of going to God, and divers practices of the spiritual life, I thought this would serve rather to puzzle me than facilitate what I sought..."*



So, Lawrence jettisoned his FOMO and settled into his JOMO. This created space to practice one simple thing—paying attention to the sometimes apparent, other times hidden, God who accompanied him each moment. Brother Lawrence continues:

"[God] requires no great matters of us; a little remembrance of Him from time to time; a little adoration; sometimes to pray for His grace, sometimes to offer Him your sufferings, and sometimes to return Him thanks for the favors He has given you, and still gives you, in the midst of your troubles, and to console yourself with Him the oftenest you can...You need not cry very loud; He is nearer than we are aware!"

The great thing about the practice of paying attention is that the field of your practice is your own life. The very setting you're in every moment is the place God is discovered.

We can bear a lot in life if we feel we're not alone. Would you like to consider the practice of paying attention as your primary practice in 2025? Start where you are—with the questions, pains, joys and possibilities already present in your life right now. Intentionally listen, notice, gaze, observe the smallest signs of God's company. Name them. Lay firm hold of them. Meet God there. The practices below can help!

With *deep appreciation* for your company on this journey!

Joel + Berni

reservoir living

"The notion that God is absent is the fundamental illusion of the human condition." Thomas Keating

The realization that God is always lovingly present is perhaps the single most transforming experience of life. It becomes home base for everything else.



growing present with God in 2025

- I gently gaze at my world with open curiosity, in an unattached way, open to any outcome.
- I pay relaxed attention to God's presence in the "churn" of my life. I require no answers or solutions. I am content.

"I don't know exactly what a prayer is, but I do know how to pay attention." Mary Oliver

- I lovingly gaze without judgment at my shame, fears or reactive opinions. I offer myself mercy.

"Oh God, help me to believe the truth about myself, no matter how beautiful it is." Macrina Wiederkehr

- I lovingly gaze without judgment at my church, vocation, country, politics, the state of the world. I release my own reactive vision again and again into God's care so I might slowly know the world through God's eyes.