

the  Venues  
**Go Deep**  
**The Spirituality in Virtual Reality**  
Escaping Escapism  
March 19, 2017

*Think about this past week and respond to this question: "How's life?"*

Last we talked about how "escaping" can be a positive thing to do to de-stress. Today's it's all about the negative side of escaping.

*What are some negatives of escaping?*

*What are some not so healthy, even destructive ways we often escape?*

To "Escape Escapism" let's:

**Turn and face what we are running from.**

*What is the theme in the following quotes?*

*"Nothing can be changed until it is faced." - James Baldwin*

*"The Power of Now" - Eckhart Tolle*

*"Carpe Diem" - John Keating, character played by Robin Williams*

*"Be here, now." - Ram Das*

**Take a cue from the Psalms.**

Someone in your group, look up the meaning of the word "lament".

The largest section of Psalms is called "Lament Psalms." Google it and read some when you want to vent. These Psalms are about protest, despair, doubt, and anger.

Read Psalm 44:17-24

*What is the Psalmist complaining about?*

*Do you feel that if something bad happens to you it must mean that you've done something bad?*

*How does this Psalm address that issue?*

Read Psalm 69:2-3 and Psalm 13:1-2.

*What are the complaints here?*

*What do these Psalms tell us about dealing with problems, stress, trials, etc.?*

**Adopt a radical attitude.**

Read James 1:2.

*Be honest, what is your response to this verse?*

\_\_\_\_\_ *The writer is whacko*

\_\_\_\_\_ *That's a reasonable expectation.*

\_\_\_\_\_ *It would be nice to respond that way, but really!*

The word "consider" is all about thinking and perceiving. Read the following verses for some insight into how to actually think about and perceive your trials as something joyful.

*James 1:-3-4,13; Romans 5:3; Philippians 4:4; Romans 8:28*

**Create the future now.** Take a look at Matthew 6:10.

*How do you want to be, act in the future? What would you like to be doing?*

*Why not be that, do that today?*