

Out of My Mind Homework: Session 1

Think of a situation in your life where you were/are the one on the outside looking in.

- What assumptions have you made about what it was like on the “inside”?
- Did/does this lead to you having a certain assessment of the situation or perhaps a judgement? If so, how, and what was it?
- How did/does this affect your reaction or emotions surrounding the situation?
- How could you bring that to your prayer life?

Now think of a situation where you are/were the one on the inside.

- What assumptions have you made about those on the outside?
- How does this affect your experience of your situation on the inside?
- What reactions or emotions do you have?
- How could you bring that to your prayer life?

If it's challenging to think of a personal situation, reflect on Melody's experience in Out of My Mind.

- What assumptions are people making about her? Think of how her parents, Penny, Mrs. Valencia, her classmates, her teachers, (particularly her H5 teachers, her inclusion teachers, and Mr. Dimming), and Catherine interact with her.
- How does that affect the reactions, emotions, and experience of those around Melody?
- What assumptions does Melody make about others? Think of her hopes, dreams, wants, desires that she discusses in the book (ex. her definition of what “usual” or “ordinary” is)
- How does that affect her reactions, emotions, and experience?

In drawing attention to your assumptions from the outside looking, think of ways you can change how you:

- Name, label, or call people or situations around you
- Attach your definition, purpose, conditions, and YOUR story to the situation
- Respond with love and are loved in these situation (or respond with another emotion, or choose not to receive love)
- Respect, restore, or defend the dignity of another (or disrespect, erode, or ignore)

Now try again drawing attention to your assumptions from the inside looking out

Psalm 139

¹ You have searched me, LORD,
and you know me.
² You know when I sit and when I rise;
you perceive my thoughts from afar.
³ You discern my going out and my lying down;
you are familiar with all my ways.
⁴ Before a word is on my tongue
you, LORD, know it completely.
⁵ You hem me in behind and before,
and you lay your hand upon me.
⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.
⁷ Where can I go from your Spirit?
Where can I flee from your presence?
⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰ even there your hand will guide me,
your right hand will hold me fast.
¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"
¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
¹³ For you created my inmost being;
you knit me together in my mother's womb.
¹⁴ I praise you because I am fearfully and wonderfully
made;
your works are wonderful,
I know that full well.
¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the
earth.
¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your
book
before one of them came to be.
¹⁷ How precious to me are your thoughts,^[a] God!
How vast is the sum of them!
¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.
¹⁹ If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
²⁰ They speak of you with evil intent;
your adversaries misuse your name.
²¹ Do I not hate those who hate you, LORD,
and abhor those who are in rebellion against you?

²² I have nothing but hatred for them;
I count them my enemies.
²³ Search me, God, and know my heart;
test me and know my anxious thoughts.
²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.