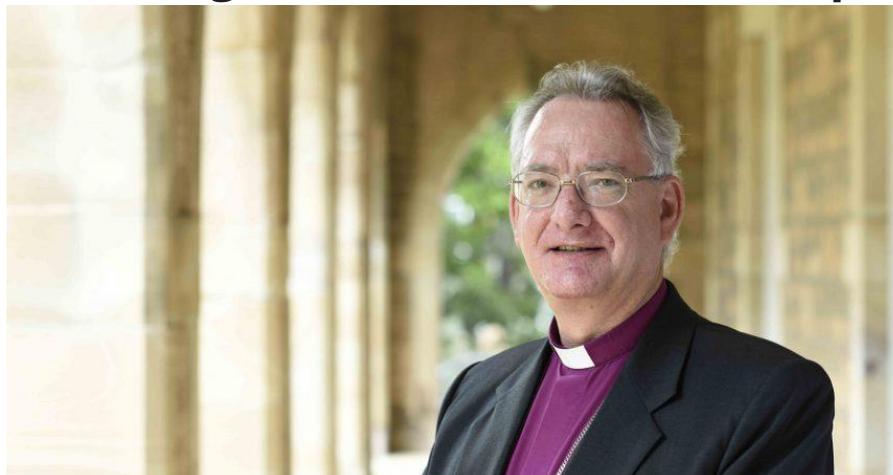


Releasing ourselves from 'mindtraps'



In a recent edition of the *Alban Weekly* I read an article with the intriguing title, '[Exhausted? – Maybe You're "Mindtrapped"](#)' by The Rev'd Dr Lawrence Peers (a former senior consultant of the Alban Institute).

"Lawrence Peers raises the possibility that the exhaustion so many of us are feeling right now may be a result of being

"mindtrapped", a phenomenon which has us over-relying on our instincts even in situations when those instincts are failing us" (*Alban Weekly*, 8 February 2021).

Peers observes:

"Misery loves company, the saying goes, and clergy are indeed bonding with each other through these challenges. We commiserate, support, and resource one another the best we can. Still we feel exhausted by the onslaught of so many challenges at once.

Our exhaustion is real, but it is only partly brought about by our external challenges. Another source of stress is that we try to manage unfamiliar stresses and uncertainties in old, familiar ways."

Peers argues that we need to release ourselves from our mindtraps. He identifies the following five:

1. We are trapped by "simple "
2. We are trapped by wanting to be right.
3. We are trapped by wanting everyone to agree.
4. We are trapped by wanting to control the outcome.
5. The trap and seduction of the ego.

He then leaves us with four questions that might generate new energy and solutions as we imagine stepping out of our mindtraps:

1. What is at stake for me at this moment in my ministry or leadership?
2. What is hardest about this current situation?
3. What is best about this current situation?
4. How do I know what is true for me and my experience right now?

This article appears alongside others, including one by Susan Beaumont titled, '[Can you trust your gut right now](#)', which might also be worth your following up.

Perhaps you could consider [subscribing](#) to the *Alban Weekly*, which seeks to offer stories of hope and practical wisdom on how to lead congregations today.

Sunday Devotions • Monday 5 April 2021 • By The Rev'd Jan Crombie

Sunday Devotion: 11 April 2021, Second Sunday of Easter

Fear versus rejoicing



Main Readings: [Acts 4.32-37](#); [Psalm 133](#); [1 John 1.1-2.2](#); [John 20.19-31](#)

Supplementary Readings: [Psalm 114](#); [1 Corinthians 15.19-26](#); [Ezekiel 37.1-14](#); [Psalm 115](#); [Luke 24.1-12](#)

“When it was evening on that day, the first day of the week, and the doors of the house were locked for fear of the Jews...” ([John 20.19](#))

‘Scaredy cat’ – as a child I would hate people calling me that...and it seemed that I was scared of a lot of things. Children would mostly chant this when you didn’t take a dare or dive into the pool. There were other things I was afraid of also – above all, of others having a bad opinion of me. I was a child that liked to please. Perhaps that’s why I love golden retrievers so much.

The Gospel passage describes the fear of the disciples. It is Easter Day – as in, the first Easter Day. Mary Magdalene has seen Jesus in the garden. Do they believe her? Jesus then appears that evening amongst them – and they rejoice when they see Jesus. The way John writes it, “then the disciples rejoiced when they saw the Lord”, makes me think they hadn’t believed Mary. Thomas, who wasn’t there with the other disciples, famously said he needed proof to believe it. And, he gets this proof a week later when Jesus appears again.

It is all about belief, faith. The climatic summary comes from Jesus, “Blessed are those who have not seen and yet have come to believe.” He foreshadows the building of his Church on such faith. After his ascension we know the disciples did build his Church – in faith, not fear.

We can reflect on how we, as Christ’s Church, hide in fear – and remain hidden. Fear of irrelevance or fear of not making a difference. This is Easter season! How do we enable our rejoicing to overcome such fears?