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Shep – To Run With a Limp

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We all walk with a limp. No matter who we are, we all have a limp that relentlessly dogs our steps, causing us at times to be dog-tired as we incessantly work against our limp in order to keep our lives sufficiently erect. For some of us, our limp is so slight and relatively minor that it’s really quite difficult to detect. For others of us it’s blatantly obvious, causing us to lurch through life with unsteady and uncertain steps. To whatever degree we limp, we all walk with a limp. There are those of us whose limp is clearly physical, rendering its effect on our cadence as poignantly and painfully obvious. Then there are those of us whose limp is emotional, or relational, or spiritual. Our limp might have come from some hauntingly dark place in our history. It might find its origins in a relationship gone bad, or a life gone nowhere, or hope gone away. The possibilities are as endless as the ways in which each of us limp. But we all walk with a limp.

List four things in your life that you would describe as a limp. Examples could be a physical issue, a divorce, a death, low self-esteem, a financial failure, a dream lost, poor social skills, inability to advance in a career, some type of fear, etc.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What percentage of time do you focus on trying to either solve your limp or hide it sufficiently so that others don’t see it?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time You Focus on Trying to Solve the Limp

What percentage of time do you focus on working to discover and unearth the potential resources in your limp?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time You Focus on Finding the Potential

What observation can you make regarding the differences in the two scales above?

Based on your observations, what are three things you can do to alter your view of your limp and find the resources in it?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_