

THE OLD TESTAMENT

1

Lesson 1 | The Beginning: Creation and the Fall

THE OLD TESTAMENT

We will cover main spiritual themes in the Old Testament that are taught by the history and tradition of the Church as applicable for us today, in our time and in our own lives.

1. The Creation Story
2. The Fall and Exodus
3. Priests, Kings and Prophets
4. The Greater Story

THE CREATION STORY

In order to know what is being shared with us in The Book of Genesis, and particularly in this case in the Creation Story and in The Fall, we need to know that this is not a history or science text book as we might know one today. The point of this work is not *how* we were created, but *why*, and for *what purpose*?

OBJECTIVES FOR TODAY

- To have a better understanding of The Book of Genesis, and what it communicates
- To recognize meaning for our lives today in the Creation Story and The Fall
- To start to apply an understanding of Pride and Humility to our daily actions



Spiritual Tool: Examination of Attachments

Blessed are the poor in Spirit, for theirs is the Kingdom of Heaven. -Jesus

“God’s immense gifts and blessings can only fit into a heart that is empty.” -*St. John of the Cross*

- Consider meditating on this with your regular examination of conscience on occasion to identify current attachments you may be struggling with.

Examination of Attachments

The Effects of Attachments; Ask yourself about the list below:

- What do I feel a longing for, or think about when I am without it?
- What do I fear losing, being without, or being taken from me?
- What do I fear happening?
 - Ask God: are these healthy desires and fears?
- What actions or thoughts leave me emotionally drained and exhausted?
- What actions or thoughts leave me lacking peace, in fear, with anxiety, and which negatively affects my health?
- What seems to stress or cloud my judgement on who or when to love, or how to spend my time?

We might have disordered attachments to:

I. Material objects

- A. Which monopolize my time, and my attention

II. People

- A. From whom I demand or expect more than they can practically or emotionally give me. Remember, there is only one who can truly fulfill us.

III. What others think: Vanity

- A. Our worth comes from God. It can be extremely exhausting when we create 50 other judges in our day whom we strive to please, or create false personas for.

IV. Control

- A. What situations do I not want to ask God for His will in?
B. ...or to ask others for their input in?
C. ...or to have help from God and others in?

V. Curiosity

- A. Disordered when I am spending inordinate amounts of time on social media looking into the lives of people whom I don’t even know. Or when similarly checking the news, the weather, and other forms of reporting throughout the day.
B. Disordered curiosity for knowledge when my reading or learning gets in the way of relationships or responsibilities, or other things important for me.

VI. Hyperactivity

- A. Always needing to fill the quiet or down times with noise, activity, or productivity.

VII. Excellence

- A. Disproportionately concerned with actions, performance, or work for example.
B. You might relate your own personal value, or that of others, to your production.
C. Or you may experience your excellence as a power over others.