

the Venues

Go Deep

The Characters of Christmas

Scrooge and The Grinch: There is Always Hope for Change

12.19.2021

What changes did The Grinch and Scrooge undergo?

Carl Rogers, PhD, Clinical Psychology, wrote,

“The curious paradox is that when I accept myself just as I am, then I can change.

In this context, what does it mean to “accept myself”?

Scrooge was changed when he “saw” himself in the three visions.

How can we honestly see ourselves?

How can we be kind to ourselves while at the same time be honest?

What do you see when you look into a mirror?

Read [2 Corinthians 3:18](#)

The word translated “contemplate” can also be translated “reflect.” Instead of “either/or” how about “both/and”? We see God and then reflect God.

“We become what we behold.” Fr Richard Rohr

How do you “behold” God/Love every day in order to reflect God/Love?

I “Phillip” think that the Grinch was changed by Cindy Lou’s kindness. Check out this clip from Jim Carrey’s “The Grinch”: https://youtu.be/C2gsq_WWfuA

Read [Titus 3:4-7](#) and [Ephesians 2:6-7](#).

Is it hard, easy, or confusing to think of God as “kind”?

Were you taught about God’s kindness?

How does kindness toward someone lead to their needed change?

Take some time each day to be still, close your eyes, and see/contemplate a kind image of God.

Allow that image of Love/God to transform you.