



Radiators

and

Drains



It has been said that people and experiences are either radiators or drains.

- The **radiators** warm you up, energise and lift your spirits.
- The **drains**, leave you drained with your energy and spirits depleted.

This is a companion resource for  
Grove Book S130 Ignatius of Loyola by Nick Helm  
Download from [www.ignatius.soulspark.org.uk](http://www.ignatius.soulspark.org.uk)

Moses, addressing the Hebrew people in the wilderness says 'I put before you life and death... choose life' (Deuteronomy 30.19).

### *How do you choose life?*

Jesus when the people in Nazareth try to lynch him, slips away through the crowd, choosing life rather than death. (Luke 4.29-30).

On the other hand in Gethsemane, he chooses the route to resurrection life through death. (Luke 22.39-46)

He instructs his disciples when they are not welcomed in peace, to walk away, shaking the dust from their shoes. (Luke 10.1-10)

When Jesus looks over Jerusalem, knowing its destructive ways, he weeps, accepting the sad reality of how it is. (Luke 19.41-44)

When asked to condemn the woman caught in adultery, he finds a different way of approaching the situation and changes it radically. (John 8.1-11)

In all of these instances, Jesus is choosing life! He is in touch and moving with the life-giving spirit – whether avoiding lynching because the time is not right, choosing the path to life through death in Gethsemane, weeping at those who choose not to accept life in Jerusalem, challenging hypocrisy in those seeking to stone the woman.

When looking at things that drain us its worth examining them to discern which might be the more life-giving response.

There are four significant options

- **Walk away**, let go, stop engaging, don't waste your energy (as Jesus in Nazareth)
- **Live with it**, accept it, find energy elsewhere (as Jesus is as he weeps over Jerusalem)
- **Change it**, find ways that bring energy (as Jesus does when confronted by the men wanting to stone the woman)
- **Change yourself**, find a new way of being with it (as Jesus does in seeking his Father's will in Gethsemane)

Some wisdom on making decisions:

- When in a 'bad' place, never go back on a decision made in a 'good' place.
- Never make 'big' decisions in a crisis. Deal with the crisis, and look at decisions when things have calmed down.