

## **STEP 10 The André exercise**

### **The quotation**

André would say:

"Most things don't matter. Of the few that do, most sort themselves out. For the rest, there's God."

### **The exercise**

Sit quietly and see what comes into my mind.

Sort each item into one of the following three lists:

- (1) Things that don't matter (so I don't need to dwell on them)
- (2) Things that will sort themselves out without any intervention by me (so I don't need to dwell on them)
- (3) Things that I need to take action on (so I can ask for God for direction and strength)

Note that everything is either or irrelevant or will get sorted out. The only question, then, is whether my intervention is necessary.