



















## **EMERGE**

*Spiritual practice for the week:*

Break the next loaf of bread with intention and prayer before you take a bite of it.

## **PREPARE for Session 4**

- Read Exodus 30:22-38, The Anointing Oil and Incense (see resource packet)
- Read chapters 5 and 6 of *Practically Divine*
- Read “Understanding Post Traumatic Growth” article (See resource packet)
- Read the article on Community (See resource packet)
- Mini-retreat on Creativity (see resource packet)

## **Session 4**

# **Creativity in Faith Deepens and Frees us**

Wednesday, October 13

Video with Evening Small Groups

### **DISCOVER**

In the story from Exodus 30, Moses ascends Mount Sinai and learns to make oils. We worship a Creative God who made every creature, great and small. It makes sense that we will DISCOVER, deepen, and emerge with more creative hearts!

There is space for creativity as we practice the divine work in small ways with intention. Creativity in faith is as important as creativity in writing. When we allow for creativity, justice has space to grow. In the work of the practically divine, creativity helps us out of ditches, find gratitude, and create healing oils from old plants. Creativity reflects the abundance and beauty of the divine.

### **DEEPEN**

*Discuss with your group or journal independently these questions:*

- Are there places where you feel creative in your worship? In your spiritual practice? In your life of prayer?

## **EMERGE**

*Spiritual Practice for the week:*

With all that you have learned about *Chado*, creativity, and doing small things with great love, try the simple tea ceremony offered this week alone or with a friend.

## **PREPARE for Session 5**

- Read Matthew 6:28-34, Consider the Thistle (see resource packet)
- Read chapters 7 and 8 of *Practically Divine*
- Read David Whyte article (see resource packet)

## **Session 5**

# **Deep Dive into Thistle Farms: Pilgrimage as a Path to Deepening Faith**

Wednesday, October 20

Virtual Field Trip to Thistle Farms with Evening Small Groups

### **DISCOVER**

We will begin by sitting in the simple circle of Thistle Farms and watching how they light one candle for the woman still on the street and the woman trying to find her way home. We will talk about how we DISCOVER in community, deepen in shared mission, and emerge with hearts forged for justice.

### **DEEPEN**

*Discuss with your group or journal independently these questions:*

- What did you learn?
- What line will you take with you from this immersion experience?

## **EMERGE**

*Spiritual Practice for the week:*

Light a candle and offer a prayer for women in prisons, on the streets, in the midst of oppression under harsh religious regimes, and suffering in domestic violence. Pray that they find their way to freedom.

Spend time in reflection and write a one-page summary of what you are learning in this work about your own small acts, intention and creativity to live more practically divine.

## **PREPARE for Session 6**

- Read Micah 6:8, What God Requires (see resource packet)
- Read the vision of the wedding feast in Matthew 22:1-10 (see resource packet)

## Session 6

### Becca and Chip Talk About the Journey

Saturday, October 30

Closing Feast with Becca Stevens and Chip Edens

#### **DISCOVER**

Becca and Chip will talk about the importance of visions as we DISCOVER, deepen, and emerge. We will discuss visions of feasts, visions in dreams, and visions for our church. The idea in the practically divine is that love is abundant even when it is not perfect.

We will summarize the learnings of intention, doing small things with great love, immersing ourselves in experience, and allowing creativity to find space – all so we can experience the gifts of the feast.

#### **DEEPEN**

*Discuss with your group or journal independently:*

Can you describe a vision of a feast?

#### **EMERGE**

Explore and share with someone how this experience has changed you in one small way. What is one lesson you are carrying with you?



This Deep Dive Into Spirituality  
is brought to you by  
Thistle Farms  
and  
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