**“Cultivating Sacred Space” Week 3: Weaving Head, Heart, and Hands**

**Questions for Reflection and Discussion**

1. Begin by discussing how you experienced last week’s prayer practice (Clasped hands, open heart, and listening) during the week. How did it go? What seemed to work for you and what was not so helpful? Is this a practice you could see yourself using in the future?
2. Like the speaker Sunday, do you struggle with trying to live your life like you can do it all, have it all, or be everything you want to be?
3. Do you think this perspective is flawed or works for you?
4. What’s one example (big or small) of how you want to be in relationship with God through:
* Head (Reflection) – Space to be open to the Spirit. Examples include: Contemplative prayer, finding quiet space, observing nature, etc.
* Heart (Expression) – Space to create, find joy. Examples include: Baking, gardening, writing, art making, exercising, scientific inquiry, etc.
* Hands (Service) – Space to be present with others in your life. Examples include: Hosting, hospitality, sending cards, advocacy, volunteering for a local organization, etc.

6. Read the passage below and discuss how you relate to it personally. How do you feel about wars raging and God asking us to “Be still?”

*God is our refuge and strength,*

*an ever-present help in trouble.*

*Therefore we will not fear, though the earth give way*

*and the mountains fall into the heart of the sea,*

*though its waters roar and foam*

*and the mountains quake with their surging ….*

*Come and see what the Lord has done,*

*the desolations he has brought on the earth.*

*He makes wars cease  to the ends of the earth.*

*He breaks the bow and shatters the spear;*

*he burns the shields with fire.*

*He says, “Be still, and know that I am God;*

*I will be exalted among the nations,*

*I will be exalted in the earth.”*

*The Lord Almighty is with us;*

*the God of Jacob is our fortress.*

*- Psalm 46: 1-3, 8-10 NIV*

*7.* As a group do the practice below. It will help if someone can guide the practice by reading each step slowly and then allowing a few minutes of silence between each one.

8. When you have finished the practice discuss how you each experienced it. What happened and how helpful was it or not? Then commit to doing this practice individually during the week. You could do it at a set time that works for you or as needed when you feel strong negative emotions.

**Practices for the week: Connecting with Head, Heart, or Hands**

For individuals: pick one practice to repeat throughout the week.

**Head (Reflection) - Identify and visit a tree that will be your teacher.**

If practicing as a group, close your eyes and imagine a tree you remember in your past, and do the following practice as an imagined activity with your gaze softened or eyes closed.

1. Spend time walking near your home or work and noticing the trees.

2. Use your senses to explore and discover. Notice both your breath and the fresh air the trees are providing.

3. Pay attention to a tree that may be calling you to notice her. Ask if she is willing to teach you over the coming weeks.

4. Return to your teacher tree regularly and spend time learning from the way they expresses themselves. Learn their rhythms, share your truths, learn to be open to their wisdom.

**Heart (Expression) – Express your daily feelings with marks on a page**

If practicing as a group, have individuals create and then share after how that felt.

1. Gather some basic writing materials that are different colors (e.g. crayons or makers) and paper.

2. Take 10-20 seconds to scribble around your paper.

3. Tap into what you are currently feeling and invite God into this space with you.

4. Pick colors or basic patterns that express that feeling. Fill in the spaces between with whatever feels right – coloring solid, shapes or patterns. Consider how hard you press and how you hold the crayon/maker as an extension of your feelings.

5. What do you notice about how you’re feeling now that it’s visible on paper?

6. Hang up or tear up your paper, depending on what you need.

7. Ask God to hold your feelings in this moment and let go.

**Hands (Service) – Reflect on how you serve**

If practicing as a group, spend time quietly journaling as described in number 1 below. Share if the ways you serve feel like the right balance or is an overwhelming amount of things to do.

1. Write down or journal about the ways you serve – both small ways you support and give to other people around you, and also more formal ways you volunteer.

2. Do the ways you serve align with your passion, gifts, and the world’s needs?

3. Consider what question you’d like to hold out to God this week to help you discern if you have the right balance of giving to yourself and to others.

4. If you find you have too many commitments, ask God to help you discern what’s most critical, and what you need to say no to.