

Week 3: Questions for Discussion and Thought

Beauty is essential—as important to us as other sustenance. Our spirits need things to live just as our bodies need things to live. God makes us for and out of beauty. How do you feed your spirit? How do you quench the thirst of your soul?

“Spiritual resilience” can empower us even in our most difficult times. Dr. Farley says that sometimes the awareness of that spiritual resilience can lead to adoration of Divine Love even in the hardest times. Remember a time when you were aware of this Divine presence. Consider writing a psalm or poem of adoration about that time.

What do you see in nature that reflects a call to thrive? Where do you go to see hope through nature? Try an “intentional wander” — either in the world or on a remembered journey — and move from your mind to your senses and describe what your senses are experiencing.
