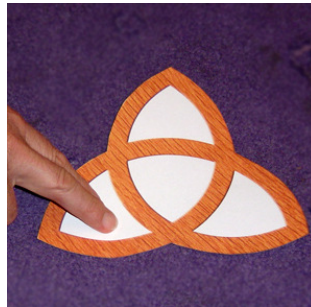




*“Enjoyed immensely the chance to play”*

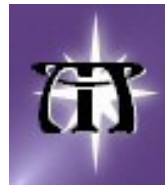
*“It’s been one of those things which has really lived up to expectations”*



**“Spoke to me at a deeper level than I have known for years.”**

### **Morning Star**

**‘...until the day dawns and the morning star rises in your hearts. (2 Peter 1 :19)**



# **SENSE & Sensitivity**



**A series of four small-group sessions which invite people to take a spiritual journey using the senses as starting points and doorways.**

**Created by Sheila & Chris Chesterton to :**

- ◆ **Help people nurture their spiritual life.**
- ◆ **Explore new ways of communicating biblical stories**
- ◆ **To understand more about ourselves.**



**Full details at [www.walktherainbow.info](http://www.walktherainbow.info)**

### To help people nurture their spiritual life.

Our spiritual health is often neglected. Christians and seekers alike benefit from finding how a strengthened spirit affects their whole lives.



### To explore new ways of communicating biblical stories.

Inspiration has been drawn from Jerome Berryman's Godly Play approach. This powerful method of story-telling draws hearers into the narrative and often touches them deeply.

**To reach out to spiritual seekers.** There are many of those in our society but they tend to think that the church has little to offer and turn more readily to New Age practices.

*"All the stories were thought-provoking."*



### Session 1 : Taste & Smell

- ◆ The course begins by using a braid to explore the three-in-one nature of human beings, the interaction of spirit, soul and body. Each part is important and what affects one part affects the whole.

### Session 2 : Hearing

- ◆ The spirit may be weak because it has been crushed. This can happen through hearing cruel words, bullying, broken promises, etc. The spirit may need to be encouraged to receive strength through the senses and words of blessing.

### Session 3 : Sight

- ◆ The soul may be damaged by seeing destructive images. There is the need to refresh both the soul and the spirit by spending time in the natural world, the world of the Creator.



### Session 4 : Touch

- ◆ Touch is the last sense to be considered in the course. People are invited to use an ancient symbol of the Trinity – a triquetra -to think about their own three-in-one nature. The spirit freed from the dominance of the soul can now receive a healing touch from the Creator. This touch has the power to transform, heal, renew and restore, This is the ultimate source of spiritual strength and fullness of life.

