

WEEK OF JANUARY 15TH

The Soul of Desire



"Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."

Philippians 4:8

READ: PHILIPPIANS 4:1-8

What word, image, or phrase sticks out to you from today's passage?

Draw about it or write a response to God using the space below.

QUESTIONS FOR REFLECTION:

What comes to mind when you consider the word beauty? What words might you use to define beauty?

QUESTIONS FOR REFLECTION:

Dr. Curt Thompson begins the second chapter of *The Soul of Desire*, with a question that he asked of two people who were seeking to restore their fractured marriage,

"What is the next beautiful thing that you want to create?"

How would you answer this yourself?

Imagine answering this question in collaboration with someone who has betrayed you or hurt you. What struggles or roadblocks might come up as you attempt to imagine creating something of beauty with this person?

Curt Thompson writes that fear and shame "truncate our awareness of beauty," why or how do you think this happens? What is about fear and shame that makes it hard to see beauty, or the potential for beauty, within and before us?

PRACTICE OF THE WEEK: *Putting yourself in the path of beauty.*

Think of one way that you can intentionally encounter and consider beauty on a weekly basis. This might be a meditative listening to certain music, a visit to a park or nature trail, a walk in your neighborhood, contemplating art, reading *The Psalms*, observing people you love, staring up at the night sky, or something else. Commit to blocking out a portion of time each week to do this.

Share this commitment with friends or in a small group. Take some time exchanging ideas on different ways to put yourselves in the path of beauty each week.