

A Beautiful Adventure: the Gift of the Arts in Spiritual Formation

with Carolyn Arends

Reflection Guide: Session 4

1.	Incarnation means God has been made tangible in the person of Jesus. This changes everything. In what ways has reflecting on the incarnation enlarged your experience of God?
2.	How do you experience an embodied faith?

4. We are called to make God's love visible through our bodies. What opportunities do you hav right now, to make God's visible through a physical act? What steps will you take today to of that love? Where is your body needed today?	ó.	Are you able to express gratitude for every part of your body? Take some time to consider each part from head to toe, giving thanks and honoring each part.
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6. When you think about individual or communal times of worship, what do you experience more often: insight (intellectual understanding) or encounter (Spirit to spirit communion)? What are you most comfortable with? What do you most long for? Reflect on the times you have experienced the more infrequent of the two. What invited you into that kind of experience?	5.	Art takes the invisible/immaterial/abstract and makes them visible/material/concrete. Think of the parable of the prodigal son. What are some abstract ideas that become enfleshed for you in this story?
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7.	What are some of the key take-aways of this series for you?

