

Belly & Bones

taste and see



Small Group Guide

Taste



*There's a fire in my belly
and a burning in my bones.
Set a light for new beginnings
and a turning of the soil.
Cry for justice and redemption in a world
defined by hurt;
give me courage yet to speak
and yet be humble to receive it."*

—From "Belly & Bones" by Sarah Su



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Online journal and resources
can be found at:
www.ccnswact.org.au/belly-and-bones
Instagram: [@belly.and.bones](https://www.instagram.com/belly.and.bones)

How to use this guide

This guide has been created to help groups make sacred space for honest conversation and reflection.

We hope it will be used to explore themes from the Belly & Bones Journal through Scripture, prayer, and creative practice. We invite others to notice the movements of God within their own “belly and bones.”

Across days, weeks, or months, we move through themes that echo the heartbeat of the journal: Ache, Story, Wonder, Hope, and Courage. These are not just ideas to study, but a living invitation, to pause, to notice, to create, to heal, and to grow.

There are seven sessions that can be used by a small group (or an individual). It can also be used for those leading, preaching, and teaching. There is a table of themes, plus more ways to engage via activities and reflections.

A note for the leaders: It is important to create a safe space. If you are gathering with others this may be the point that you need to discuss what a safe space might look like for everyone sharing their story. Here is an example of a Group Agreement from the Center of Courage and Renewal that might help:

www.couragerenewal.org/library/courage-renewal-touchstones



This Small Group Guide is designed to accompany the Belly & Bones Journal.

You can purchase this [here](#):

Welcome

Welcome, friends.

We gather here, just as we are, with stories in our bellies and bones.

This resource has been born out of story. The stories of twelve women who gathered together to create, to listen, and to make space for what God was stirring deep within. Their words, art, and reflections became the Belly & Bones Journal. It became a tapestry of courage, ache, beauty, and hope.

Now you are invited to step into that same sacred rhythm.

Here, we make room for story. We invite you to sit with your story, with our story, and God's story. Think about the ways they are all woven together.

This is not about having all the answers. It's about making space, for God, for one another, and for the stories that shape us. Here, we listen. We honour each voice. We trust that God is already here, already speaking, already at work.

So come, with open hands and open hearts. Come ready to be moved, to be surprised, to be renewed.

May this be a journey where you find God in the unexpected places. In grief and letting go, in the wilderness and the waiting, in the quiet courage of your own belly and bones.

Whether you're gathering with others or reflecting on your own, may you feel seen, held, and deeply known.

May your soul be reminded that you are part of God's story...

...and there is room for you here.



Taste & See

Welcome

This guide invites you to recover voice and value by moving gently through five movements of the soul: Ache, Story, Wonder, Hope, and Courage. Concluding with a time of Harvest, gathering what God has stirred throughout the journey. It is a resource for those who long to listen deeply to God, to themselves, and to one another.

Acknowledgement of Country

We acknowledge the Traditional Custodians of the many lands on which we gather and read this resource. We honour Aboriginal and Torres Strait Islander Peoples, their Elders past and present, and their deep and enduring connection to Country, culture, and community. May we walk gently, listen deeply, and join in God's work of justice, healing, and reconciliation in this land.

Invitation to Taste and See

As you move through these pages, we invite you to slow down and listen to what rises in your spirit. To hold space for both beauty and pain. And to notice where the Spirit is already speaking within your own belly and bones.

There's no "right" way to journey through *Belly & Bones*.

You can move gently, at your own pace, or gather with others to explore the themes together. We will offer some ways to engage along the way...

A note on posture

This devotional is about presence, not performance.

You don't need to have it all together.

Come curious. Come open. Come ready to be surprised by God's goodness in the middle of ordinary life.

Our prayer is that as you journey through these pages, you will begin to recognise the Spirit's gentle work... healing what aches, honouring your story, rekindling wonder, restoring hope, and awakening courage within you.

So, come. Taste and see. God is here.

And there is room at the table for you.

Scripture

'Taste and see that the Lord is good; blessed is the one who takes refuge in him.'

—Psalm 34:8 (NIV)

Prayer

Creator God,

You are the One who breathes life into our stories.

You meet us in our ache,

You stir us with wonder,

You call us toward hope,

and You strengthen us with courage.

As we open these pages and open our hearts,

help us to slow down,

to listen for Your voice in the spaces between the words.

May Your Spirit move gently through us,

healing, revealing, restoring.

Teach us to taste and see Your goodness

in every season,

in every story,

in every one of us.

Amen.

Story Sharing

This guide is not about speed, perfection, or answers. It is about presence. Curiosity. Listening. Making room for God's gentle work. Come as you are. Come with your whole story. Come ready to discover and share what God is stirring in your belly and bones.

Slow down and listen deeply as each person shares how God has been a gentle presence in their story.

Where do you notice healing, honouring, rekindling, restoring, or awakening? What is rising in your spirit as you listen?

Begin by looking at the front cover "12 on Country" artwork. Is there a symbol that you identify with? Where on the page are you?

Belly & Bones

Taste & See

Looking Forward

Every session follows a gentle, predictable rhythm. Here is an example of a session structure:

Welcome/Invitation:

Opening prayer, breathing and centering exercise.

Theme Reflection:

Definition, quote, and short paragraph on theme. Read aloud a selected piece from the journal (or multiple, if you choose). Optional: include some music or song that you connect with, or accompanying visual art, video, or poem.

Group Discussion:

Suggested Open Questions:

What part of this reflection spoke to your story?

How does this theme resonate in your spiritual life?

Where do you see God at work in the tension, grief, or beauty?

Scripture & Application:

Read the week's Scripture.

Discuss: How does Scripture illuminate the reflections?

Ask: What's one way we can live this truth out this week?

Creative Practice Ideas:

Journaling, collage making, any art response, prayer and reflective activities on the week's theme.

Harvesting:

What is the thing that is rising to the top that you would take and put in your pocket? Set a simple, practical challenge each week, then share how it went.

Prayer & Blessing:

Close with a prayer, or one of our written blessings.

The prayer prompt encourages you to use the language from the chapter, e.g. "May the God of courage..."

Blessing

May you taste and see God's goodness in this circle and carry His presence with you.

May the company of others in this space allow the colours of the Creator to be seen like a kaleidoscope, seen and uniquely displayed, beautifully reflecting parts of a bigger picture.

May you be blessed with a new depth of community and life as you come alongside each other, offering parts of your individual story and growing in grace.

As the Spirit of the Lord moves among you, may your intimacy with Jesus grow deeper, and your fellowship with each other be sweet.

Taste



***But if I say I'll never mention the Lord or speak in his name,
His word burns in my heart like a fire. It's like a fire in my bones!
I am worn out trying to hold it in! I can't do it!***

—Jeremiah 20:9 (NLT)

Ache

Welcome / Invitation

The voices in this chapter express their battles within an imperfect world. This struggle lies within each of us. Larry Crabb writes:

“Yet there is no escape from an aching soul, only denial of it. The promise of one day being with Jesus in a perfect world is the Christian’s only hope for complete relief. Until then, we either groan or pretend we don’t. (Larry Crabb. *Inside Out*, Colorado Springs: NavPress, 2013. 29)

We are made for intimacy with our Creator so nothing in our life on earth will satisfy the longing for the eternal and a fuller intimacy with God.

Breathing Exercise

Take a slow breath in — receive God’s compassion.

Breathe out — release what you’ve been carrying.
Repeat three times.

Centering Sentence

“Even in the ache, God is near.”

Theme Reflection

Ache (noun): A continuous or prolonged dull pain; a feeling of emotional hurt or longing.

Ache (verb): To feel a steady, strong pain; to yearn deeply for something.¹

Ache is the quiet place inside us where something hurts, longs, or feels unfinished. It is the groaning of the heart that reminds us we are human, fragile, and in need of God. Ache isn’t a sign of weakness, it is a doorway. When we allow ourselves to name what aches, we make space for compassion, healing, and the gentle presence of Christ. In ache, God does not rush us. He sits with us, breathes with us, and whispers that we are held.

¹ Merriam-Webster.com Dictionary, s.v. ache, accessed January 25, 2026, <https://www.merriam-webster.com/dictionary/ache>

Opening Prayer

God of comfort,

You meet us in the places
we would rather avoid.

Hold our aching hearts
in Your gentle hands.

Teach us to trust
that even in pain,

You are present,
shaping beauty from
the depths.

Quotes

*“The wound is the place
where the light enters you.”*

— Rumi

***A tender and timeless
acknowledgment that God’s
presence often meets us in
our deepest places of ache.***



Group Discussion

What part of this reflection spoke to your story?

How does this theme resonate in your spiritual life?

Where do you see God at work in the tension, grief, or beauty?

Scripture & Application

Read: O God of my life, I'm lovesick for you in this weary wilderness. I thirst with the deepest longings to love you more, with cravings in my heart that can't be described. Such yearning grips my soul for you, my God! Ps 63:1 TPT

For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. Rom 8:22-23 NLT

Discuss: How does Scripture illuminate your reflections on ache?

Ask: What's one way you feel drawn to live into these scriptures this week?

Creative Practice Ideas

- Draw the water shape of your life. Include peaks and troughs, still waters, and whirlpools. Add your words of ache and hope.
- Go to the ocean, river, or a lake and watch the movement of the water. How has nature experienced beauty and pain through the movements of the water?
- Don't take your pencil off the page as you do a continuous line drawing which expresses the journey of your ache.
- Write what you're ready to surrender on water dissolvable paper. Place it in water and watch it dissolve. Say a prayer of surrender as you do this.

Harvesting

What is one thing that you will put in your pocket from this session?

What in response do you want to do now or next?

Prayer & Sending

May the God who Aches ...

Ache Blessing

May Jesus, the Man of Sorrows, acquainted with ache, grief, and suffering, bless you this day.

May God speak into the physical, emotional and mental aches in your body and soul, and reveal His proximity as He stands alongside you through every trial.

May you receive from the God who aches with you, as he uniquely brings peace, comfort and companionship.

May you walk humbly bringing comfort and companionship to those around you as they too endure hardship, walking through their own trials and suffering.

May you find hope in the promise from the God of ultimate victory and life, that on his return every tear will be wiped away.

May God, who shows empathy in the ache of human life, bless you today.

Belly & Bones

Story

Welcome / Invitation

The voices in this chapter speak from places of memory, identity, disruption, and healing. Each story holds light and shadow, beauty and brokenness, and all of it matters.

As Frederick Buechner reminds us, “The story of any one of us is in some measure the story of us all.” Our stories are not isolated threads; they are held within God’s larger tapestry of redemption.

We are shaped by our stories, but we are not imprisoned by them. God continues to write, redeem, and reweave, inviting us to live as participants in His unfolding story of grace. “Your story is welcome. There is room for your story.”

Breathing Exercise

Inhale — I receive Your story.

Exhale — I rest in Your grace.

Centering Sentence

“My story belongs in God’s story.”

Theme Reflection

Story (noun): An account of past events in someone’s life or in the development of something; a narrative, whether true or imagined, designed to interest, entertain, or teach.²

Every life is a story, shaped by moments of joy, loss, learning, and grace. Our stories are not linear or tidy, they are layered, tangled, and astonishingly sacred. God is not distant from our narrative, God is woven right through it. When we share our stories, we offer others the gift of recognition, the reminder that they’re not alone. And when we listen deeply to the stories of others, we glimpse the diversity of God’s creativity in human form. Your story matters. It has a place. It belongs.

² Merriam-Webster.com Dictionary, s.v. story, accessed January 25, 2026, <https://www.merriam-webster.com/dictionary/story>

Opening Prayer

Storytelling God,

You speak through
our beginnings,
our endings,
and everything
in between.

Open our ears
to hear Your voice
woven through
our lives.

Give us courage
to speak truth
and grace in every
story we tell.

Quotes

“There is no greater agony than bearing an untold story inside you.”

— Maya Angelou

A powerful reminder that our stories matter, and that sharing them brings healing and freedom.



Group Discussion

What part of this reflection spoke to your story?

How does this theme resonate in your spiritual life?

Where do you see God at work in the tension, grief, or beauty?

Scripture & Application

Read: You yourselves are our letter, written on our hearts, known and read by everyone. You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. 2 Cor 3:2-3 NIV

Discuss: How does Scripture illuminate your reflections on story?

Ask: What's one way you feel drawn to live into this scripture this week?

Creative Practice Ideas

- Represent your life story on paper, in clay, or playdough by drawing squiggles, loops, and lines.
- Use lengths of wool or string and some beads to express a chapter of your story. Knot, tangle, plait, twist, weave the journey.
- Sit quietly with a cuppa. What memories come to mind? Share a memory with someone. Begin to create a memory story poster.
- Creatively express your image of God onto the canvas on page 16 of the journal or, onto a separate piece of paper.

Harvesting

What is one thing that you will put in your pocket from this session?

What in response do you want to do now or next?

Prayer & Sending

May the God of Story ...

Story Blessing

May God, the author of the greatest story of all time, bless you as you journey with him.

May your yesterdays, today, and all your tomorrows show the fingerprints of the Potter moulding and shaping your way.

May the original intent of his life-giving breath create in you purpose, refreshing and new zeal, as your story, written from the beginning of time, unfolds in glorious design.

May the knowledge of such a great cloud of witnesses, and companionship of the Alpha and Omega, champion you and give you courage to share your story and walk with others in theirs.

May the God of all story bless you today.

Belly & Bones

Wonder

Welcome / Invitation

The voices in this chapter invite us into a posture of attentiveness, to notice the sacred in the ordinary, to see God's fingerprints in the world around us, and to let awe soften our hurried hearts.

As it says in the poem *The Secret Garden*,
"He hands me a key..."

Wonder wakes us up. It reminds us that God is nearer than we think, and that creation itself is a living testimony to His presence.

Breathing Exercise

Breathe in wonder — notice what's stirring.

Breathe out gratitude — let go of control.

Centering Sentence

"I am awake to the wonder of God around and within me."

Theme Reflection

Wonder (noun): A feeling of amazement and admiration caused by something beautiful, unexpected, unfamiliar, or inexplicable.

Wonder (verb): To feel curiosity or doubt; to desire to know something.³

Wonder is the posture of a heart awakened to God's presence. It is the widening of the soul, the recognition that there is more to this life than what we can measure or control. Wonder slows us down and opens us up. It invites us to notice the sacred hidden in ordinary moments, a colour, a word, a breath. Wonder is not childish, it is childlike. Jesus invites us back into wonder so we can see the world with soft eyes, astonished by grace.

³ Merriam-Webster.com Dictionary, s.v. wonder, accessed January 25, 2026, <https://www.merriam-webster.com/dictionary/wonder>

Opening Prayer

God of mystery and light,

You invite us
to see the sacred
in the ordinary.

Awaken our senses
to Your presence
in beauty,
in silence,
in surprise.

May awe rise
in us again.

Quotes

**"Wonder,
rather than doubt,
is the root of all knowledge."**

— Abraham Joshua Heschel

**A call to open our eyes
again, to notice, and to be
awakened by God's
everyday miracles.**



Group Discussion

What part of this reflection spoke to your story?

How does this theme resonate in your spiritual life?

Where do you see God at work in the tension, grief, or beauty?

Scripture & Application

Read: The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy. Psalm 65:8 NIV

Such knowledge is too wonderful for me, too lofty for me to attain. Psalm 139:6 NIV

Discuss: How does Scripture illuminate your reflections on wonder?

Ask: What's one way you feel drawn to live into this scripture this week?

Creative Practice Ideas

- Do a paint pour using three colours. One to represent God, one yourself and one to represent others. Watch with wonder and be curious what God may be revealing as the paint pour evolves.
- Design and create a special, sacred space within your house. Include something that speaks to each of your senses. Listen for God's voice as you rest in this space with Him.
- Photocopy the artwork *Miracles from Mess*, p. 28. Create a portrait of yourself onto this photocopy working in whatever way you feel led. You are a masterpiece, a miracle in the mess!
- Cut the photocopy into pieces and make a collaged self-portrait.

Harvesting

What is one thing that you will put in your pocket from this session?

What in response do you want to do now or next?

Prayer & Sending

May the God of Wonder ...

Wonder Blessing

May the God of wonder bless you all your days.

May God satisfy your curiosity through His remarkable beauty. In the pursuit of God's limitless mysteries may you stand in awe and joy, amazed as He invites you into his heavenly perspective.

May you marvel at the beauty and wonder of the myriad of life unfolding around you, seeing exquisite diversity and breathtaking craftsmanship in creation, and the lives of others.

May you hold in the vast greatness of this universe the knowledge of the intimate love and care God has for you.

May the God of wonder bless you this day.

Belly & Bones

Hope

Welcome / Invitation

The voices in this chapter arise from seasons of longing, uncertainty, and waiting, yet they bear witness to a God who meets us in the in-between. Hope does not deny difficulty; it persists within it.

As theologian Jürgen Moltmann writes, “Hope is the anticipation of a future that is promised and shaped by God.” It is a light that flickers, steadies, and grows as we lean into the One who holds tomorrow. Hope anchors us. It reminds us that even small beginnings matter, and that God is always moving toward renewal.

Breathing Exercise

Inhale — hope rises.

Exhale — fear fades.

Centering Sentence

“Hope is being renewed in me.”

Theme Reflection

Hope (noun): A feeling of expectation and desire for a certain thing to happen; a confident trust that something good will come.⁴

Hope is the quiet strength that rises in us even when circumstances don’t make sense. It is not denial, nor forced positivity. Hope is a deep-rooted trust in the character of God, a belief that new life is possible, that restoration is coming, that darkness does not get the last word. Hope is often small, fragile, or flickering, but even then, it is real. God meets us in the waiting and breathes courage into our hope until it grows again.

⁴ Merriam-Webster.com Dictionary, s.v. hope, accessed January 25, 2026, <https://www.merriam-webster.com/dictionary/hope>

Opening Prayer

Faithful God,

You hold our
tomorrows in tender
hands.

Where hope feels fragile,
breathe new life.

Where joy has faded,
light a small flame again.

Teach us to wait
with trust and
expectation.

Quotes

*“Hope is the thing with
feathers that perches in
the soul, and sings the tune
without the words, and
never stops at all.”*

— Emily Dickinson

*A gentle poetic picture
of hope as something
persistent, light-filled, and
rooted in the soul.*



Group Discussion

What part of this reflection spoke to your story?

How does this theme resonate in your spiritual life?

Where do you see God at work in the tension, grief, or beauty?

Scripture & Application

Read: As for me I look to the Lord for help. I wait confidently for God to save me, and my God will certainly hear me.
Micah 7:7 NLT

I know all about the marvellous destiny I have in store for you, a future planned out in detail. My intention is not to harm you but to surround you with peace and prosperity and to give you a beautiful future, glistening with hope.
Jeremiah 29:11 TPT

Discuss: How does Scripture illuminate your reflections on hope?

Ask: What's one way you feel drawn to live into this scripture this week?

Creative Practice Ideas

- Create a hope chest, box, or jar. Place inside things you are hoping for and things which bring you courage. This could include words of affirmation you have received, important scriptures, mementos. Reflect on these things when you need hope during a storm.
- Trace your hands. Write on them all the ways you can offer hope to someone, to your community, and to the world. Act on one of these.
- Use three different strands of cord to represent three hopes - your hope, God's hope, and the hope of others. Weave or plait them together to make a strand of hope that cannot be broken. Attach it someplace to remind you of the hope you have in God.

Harvesting

What is one thing that you will put in your pocket from this session?

What in response do you want to do now or next?

Prayer & Sending

May the God of Hope ...

Hope Blessing

May the God of Hope
bless you today.

May your confidence be rooted in all joy and peace, as hope overflows. May you trust the promises and unfailing character of God, allowing Him to fill you with eager expectation, as He works in all things His goodness.

May the weary parts of your faith be strengthened with certainty and stability in the present, receiving gracious provision in things unseen, both in your circumstances and as you bring hope into the lives of those around you.

May you be a light of illuminating hope in despair and darkness, as the God of hope restores and builds.

May the God of Hope bless you now and forevermore.

Belly & Bones

Courage

Welcome / Invitation

The voices in this chapter reflect moments of risk, strength, vulnerability, and obedience. Courage rarely feels loud, it is often the quiet resolve to stay, to love, to trust, to rise again.

As Brené Brown writes, “Courage starts with showing up and letting ourselves be seen.” The spiritual journey invites us into this kind of brave openness, trusting that God meets us in every trembling step. Courage forms in our bones when we remember who walks with us. God’s presence strengthens, steadies, and sends us, not with fear, but with love.

Breathing Exercise

Breathe in courage – feel the Spirit fill you.

Breathe out doubt – make space for trust.

Centering Sentence

“I carry God’s courage in my bones.”

Opening Prayer

Spirit of strength,

Breathe boldness
into our hearts.

Help us to step
forward in love,

to speak truth
with grace,

to live from the fire
You have kindled
within us.

Theme Reflection

Courage (noun): The ability to do something that frightens you; strength in the face of pain, fear, or grief. ⁴

Courage is the willingness to move forward even when fear or uncertainty is present. It is not loud or dramatic. Often, courage is quiet, a single step, a single choice, a single yes.

Courage flows from love, from conviction, from the Spirit’s steady fire within us. It helps us speak truth, pursue justice, forgive, dream, and show up as our whole selves. God does not ask us to be fearless, only faithful. Courage comes when we trust that God goes with us, within us, and before us.

⁴ Merriam-Webster.com Dictionary, s.v. courage, accessed January 25, 2026, <https://www.merriam-webster.com/dictionary/courage>

Quotes

“Courage is not the absence of fear, but the triumph over it.”

– Nelson Mandela

A grounding reminder that courage is choosing to move forward even when fear is present.



Group Discussion

What part of this reflection spoke to your story?

How does this theme resonate in your spiritual life?

Where do you see God at work in the tension, grief, or beauty?

Scripture & Application

Read: "At the very moment I called out to you, you answered me! You strengthened me deep within my soul and breathed fresh courage into me." Ps 138:3 TPT

Discuss: How does Scripture illuminate your reflections on courage?

Ask: What's one way you feel drawn to live into this scripture this week?

Creative Practice Ideas

- Reflect on Psalm 138:3 and think about what 'fresh courage' looks like for you. Create a provision basket, envelope, or box. This can be used to store a collection of scriptures which hold personal treasures for you.
- Use the front cover of the Belly & Bones journal as a labyrinth as you meditate and ask God questions regarding your dreams for change.
- Write your own courage anthem or a poem or song about a transformation that you have witnessed in self, others, a community, or the environment.

Harvesting

What is one thing that you will put in your pocket from this session?

What in response do you want to do now or next?

Prayer & Sending

May the God of Courage ...

Courage Blessing

May the God of Courage
bless you this day.

May his faithful presence and empowering love compel you towards boldness. May the words of your life echo the roar of the Lion of the tribe of Judah, bringing strength and confidence, with the knowledge of your true identity, authority, and standing in Him.

May you fully receive the gifts of loving mercy and grace and know the freedom of forgiveness, purity and steadfast assurance as you walk in the things of the kingdom of God.

May you be tethered to the 'nothing can separate us' love of God that stands for eternity, championing and bringing courage to those around you as you live an authentic Christian life.

May the God of Courage
bless you this day.

Belly & Bones

Harvest

Welcome

The gathering in of what has grown, the fruit of reflection, the stirrings of the Spirit, and the quiet transformations taking root within us.

This session offers a gentle pause, a moment to look back over the journey of these small group sessions and notice what has been awakening in our belly and bones. Harvest is not about striving or achievement; it is about recognition, seeing what God has been nurturing beneath the surface.

As Henri Nouwen writes, "We can only truly see the miracle of growth when we take time to be still and look back with grateful eyes." Harvest invites us into that stillness, to look with gratitude, tenderness, and honesty at the movement of God through our stories.

This is a time to honour growth that has been tender, surprising, subtle, or bold. To gather the insights, the questions, the healing, and the hope that have emerged along the way.

Harvest reminds us that God is always cultivating something within us, often quietly, often patiently, inviting us to carry these sacred seeds into the next season of our lives.

Invitation:

What's in your belly and bones?

We began by looking at the front cover "12 on Country" artwork and asked if there was a symbol that you identified with.

Return to the Front Cover – Where are you now?

Celebration

Create your own Personal Symbol to represent what you have discovered about yourself on this journey.

Prayer & Sending

May the God of Growth...

Blessing

May the God of every season bless you this day.

As you move in the rhythms of His grace, and pursue the good works of His hands, may you find clarity and confidence in the unique calling over your life.

May you be blessed with others who run alongside you in your race and encourage those around you to run theirs with courageous joy and peace.

May the stirrings of the Lord within find roots to blossom and grow, and the blessings of watering another's garden bring forth much fruit.

May the blessings of unity and love abound in your midst as you follow Jesus.

May the God of every season bless you now and always.



*May you go now,
with peace...*

When ache visits,

may you find in it the soft place where
God dwells, the whisper that says,
"You are not alone."

When your story feels tangled,

may you remember that God is still writing,
and that every thread, even the frayed ones,
belongs in His tapestry of grace.

When wonder surprises you,

may you pause long enough to see it,
and let it draw you deeper into love.

When hope feels fragile,

may it still rise in you like morning light
steady and sure,
a promise that new life is always coming.

And when courage is called for,

may you stand firm,
rooted in the truth that you are held,
you are called,
and you are enough.

Go now,

carrying what the Spirit has awakened
within you
from your belly to your bones,
from your story to the world.

Amen.

Belly & Bones

Resources

Thematic reflection table:

If you want to explore Belly & Bones via themes, this may be particularly helpful for those preaching or wanting to use parts of the Journal with groups of people.

Theme	Title	Page	Theme	Title	Page
Life birthed from generations past, present and future	• Small Lights	06	You are loved and beautiful even in tough seasons	• Landscape of the Chronic	11
	• She	58		• Miracles from Mess	29
	• Esther - Queen of Courage	59		• Hope paint pour	31
The past shapes the present	• A Tale of Two Churches	18	Transformation comes during challenging times	• Esther - Queen of Courage	59
	• Re-remembering	38		• Winter	12
	• She	58		• Learning in Wilderness Chaos	14
Surrendering to break new ground	• Story Paint Pour	15	Heaven and earth, joy and pain reflect each other	• Miracles from Mess	28
	• New Wine	46		• Beauty in my Well-Worn Pocket	36
	• Overflow	55		• Blaze	44
Strength, grace and courage for the new season	• Waves of Grief	09	God invites us to reflect and respond	• Fire and Water	24
	• Miracles from Mess	29		• Reflections on dam at Bethel Farm, Dalby	30
	• The Groom Will Still Adore You	56		• She	58
Grief and beauty in change	• Story Paint Pour	15	The gift of immersing ourselves with God	• Fire and Water	24
	• New Wine	46		• Reflections on dam at Bethel Farm, Dalby	43
	• Overflow	55		• A Call to my Daughters	57
Life after brokenness	• Ache paint pour	07	Respond to and participate in God's call on your life	• Hope Rope	37
	• Let Us Reframe	32		• Teaching to Learn, Learning to Teach	49
	• Blaze	44		• A Call to my Daughters	57
Hope in the difficulties of life	• Tides	08			
	• Waves of Grief	09			
	• Landscape of the Chronic	11			
	• My Little Boat	34			
There is strength in community	• Small Lights	06			
	• Hope Rope	37			
	• Courage Paint Pour	45			

Resources

Thematic reflection table:

Theme	Title	Page	Theme	Title	Page
Arise, respond and accept the invitations of God	• Secret Garden	30	Deep love is revealed as we share and hold story	• There is Room for your Story	16
	• Fire and Water	24		• Let us Reframe	32
	• The Banquet	48		• Beauty in My Well-Worn Pocket	36
	• A Call to my Daughters	57		• Hope Rope	37
Making the choice to let go, to keep, to repurpose, or discover something new	• The Garden of Letting Go	13	The many parts of who we are	• When Doubt Visits	26
	• Teaching to Learn, Learning to Teach	49		• Beauty in My Well-Worn Pocket	36
	• The Groom Will Still Adore You	56		• She	58
				• Esther – Queen of Courage	59
Freedom comes when we surround ourselves with God	• Blaze	44	Re-discover and embrace dismissed parts of who we are	• Landscape of the Chronic	11
	• Overflow	55		• Let us Reframe	32
Release and let go	• The Garden of Letting Go	13		• Re-remembering	38
	• Beauty in my Well-Worn Pocket	36		• Courage Paint Pour	45
	• New Wine	46	Restoration and the emergence of wisdom	• Beauty in My Well-Worn Pocket	36
	• Overflow	55		• Re-remembering	38
Beauty in the journey, even when we forget our worth and turn from God	• Wonder Paint Pour	25		• Overflow	55
	• When Doubt Visits	26		Changing roles of women in ministry	• Front Cover
	• Miracles from Mess	29	• A Tale of Two Churches		18
		• Re-remembering	38		
Sharing your story has impact	• There is Room for Your Story	16	God is with us and will provide	• Back Cover	
	• Beauty in My Well-Worn Pocket	36		• Waves of Grief	09
	• Teaching to Learn, Learning to Teach	49		• My Little Boat	34
			• The Banquet	48	

Resources

More Ideas:

Page

Front Cover

Reflection:

- What does this artwork speak to you?
- Where do you see yourself in this picture?

Activities:

- Use the front cover as a finger labyrinth. As you move through the labyrinth pray for ongoing clarity, conviction and transformation regarding who you are. Consider what is hindering your journey towards Christ.

06	<i>Small Lights</i>
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Reflection:

- What “small light” or gift do you bring to the Christian community?
- How are you using this gift?
- How would you like to use it?
- In what ways are you being a safe person who offers the hospitality of Jesus to others?

Activities:

- Host a pot-luck dinner. Ask everyone to bring something to represent their small light. Give each person time to discuss the meaning of their small light.
- Light a candle for each person in the group. Thank God for the gift each person is.

Page	<i>Ache</i>
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07	<i>Ache Paint Pour</i>
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Reflection:

- When have you experienced a deep ache and yearning within your soul?
- What is your ache?
- Where does it sit within your body?

Activities:

- Take some time to sit and feel your ache then trust God’s love as you express it on paper.
 - Don’t take your pencil off the page as you do a continuous line drawing which expresses the journey of your ache.
 - Create a movement which expresses your ache.
-

Resources

More Ideas:

Page	Ache
08	<i>Tides</i>
	Reflection: <ul style="list-style-type: none">• How do you feel about beach combing?• What treasures are unique to low tide? High tide?• What tide are you currently living in?• What power and resistance do the tides bring?• What re-assurance comes through the rhythm of the tide? Activities: <ul style="list-style-type: none">• Put a pebble in your shoe. What does this feel like?• What may happen to your foot if the pebble is left in your shoe?• What happens to you as you ignore ache in your life?• Sit quietly with God near the water and watch the tide change.
09	<i>Waves of Grief</i>
	Reflection: <ul style="list-style-type: none">• Discuss a time when you experienced unmet expectations?• What is your natural response to things of pain and disappointment?• How have beauty and pain played out together for you? Activities: <ul style="list-style-type: none">• Draw the water shape of your life. Include peaks and troughs, still waters, and whirlpools. Add your words of ache and hope.• Go to the ocean, river, or a lake and watch the movement of the water. How has nature experienced beauty and pain through the movements of the water?
11	<i>Landscape of the Chronic</i>
	Reflection: <ul style="list-style-type: none">• Read this poem aloud.• Call out the corners in you that identify as the chronic.• What does chronic spiritual pain look like?• Where do you go to for spiritual care?• What sparkles have you discovered during times of suffering? Activities: <ul style="list-style-type: none">• Prayerfully dwell in this poem. Listen for a personal word from God.• Create a gratitude diary. Make the cover sparkle. Write regularly in your diary the things you are grateful for.

Resources

More Ideas:

Page	Ache
12	<i>Winter</i>

Reflection:

- What season are you currently living in?
- What season do you long for and why?
- Where do you find hope when you feel like you are living in a Winter season?

Activities:

- Collect winter sticks and leaves and use them to create an artwork. Add a symbol of hope into this artwork.
 - Pray for new growth in your life as you plant a seed in a glass jar. Make time each day to watch the seed grow roots and then shoots. Consider how God is growing you.
-

13 *The Garden of Letting Go*

Reflection:

- Where in your life do you turn to things other than to God?
- What are you clutching in your hand that God may be calling you to surrender?
- What can you put in place to prevent you from claiming back the things you have surrendered?

Activities:

- Write something you want to surrender onto a small rock. As an act of surrender throw the rock into a river, the bush, or another safe place.
 - Write something you want to surrender onto a piece of paper. As an act of surrender place it at the foot of a cross, throw it in the bin, or burn it.
 - Write what you're ready to surrender on water dissolvable paper. Place it in water and watch it dissolve. Say a prayer of surrender as you do this.
 - Meditate on a Scripture which encourages you to look forward and not dwell in the past.
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Resources

More Ideas:

Page	Ache
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14	<i>Learning in Wilderness Chaos</i>
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Reflection:

- Share a time when you have felt lost in the chaos of life?
- Use each line of the poem as a question prompt:
 - how did you navigate the wilderness?
 - when did you sit in wonder and awe?
 - was this time informal and simplistic or would you describe it differently?
 - what parts of the experience did you find liberating?
 - what part did dreaming play?
 - how did you embrace fear and failure?
 - how important was creation during this time?
 - as you journeyed, how important was space to listen?
 - what personal transformation have you noticed?
 - how did you seek God's will?

Activities:

- What word stands out as you reflect on the poem?
Write an acrostic poem using this word as your starting point.
In your poem express what you have experienced of this word on your journey towards Christ.

Page	Story
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15	<i>Story Paint Pour</i>
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Reflection:

- The person on this artwork is walking through a landscape of colour and movement. As they journey forward, they leave a looping part of themselves behind. How does this connect to your story?

Activities:

- Represent your life story on paper, in clay or playdough by drawing squiggles, loops and lines.
 - Divide a page into sections, each section representing a chapter of your life. Draw or paint the ins and outs of each chapter of your story.
 - Use lengths of wool or string and some beads to express a chapter of your story. Knot, tangle, plait, twist, weave the journey.
-

Resources

More Ideas:

Page	Story
16	<i>There is Room for Your Story</i>

Reflection:

- Take some time now to sit quietly and think about God. What image or images come into your mind.
- What may have influenced the formation of this image?
- Is this image relevant today?
- How has sharing your story been important?

Activities:

- Creatively express your image of God onto the canvas on page 16 of the journal or, onto a separate piece of paper.
 - Collage your image of God into the artwork on p17 of the journal.
 - Draw a large cup and create a communal picture of God by collaging each person's image onto it.
 - Sit quietly with a warm drink. What memories come to mind? Share a memory with someone. Begin to create a memory story poster.
 - Hold a morning/afternoon tea/supper and share stories about how God has been a part of your life.
-

Resources

More Ideas:

Page	Story
18	<i>A Tale of Two Churches</i>

Reflection:

- How have you experienced practical tools being swapped for a tie when serving God? What has been the consequence and impact of this?
- How have you experienced:
 - the theatre of the church service?
 - a spiritual straitjacket that was put on for Sundays?
 - military precision as a sign of holiness?
 - tradition being pushed back and the impact of this?
- What strategies for coping and managing are being stripped away in you and the church?
- How does your church walk through the grief and surrender of change?
- How has church been a gift in the beauty and frailty of sharing life and faith?
- What adds colour and life to your faith?
- Describe your experience of gender defining how someone could serve God?
- Who are your crowd of witnesses, those past, present and yet to be met on the journey of following Christ?
- Where have you experienced the hiddenness of God?

Activities:

- Fold a few pieces of paper to make your life-story book. Give your story a title. Design the cover.
 - What would you name each chapter of your life-story book? You may want to draw inspiration from headings used in this journal article:
 - Generations of faith
 - Putting on the straitjacket
 - Finding freedom
 - Drifting
 - A new wayUse these headings to journal your story.
 - Make a 'lift the flap' book or page to show the hiddenness of God in your story.
 - Create an ongoing list of your crowd of witnesses. Offer a prayer of thanks for each person on the list.
-

Resources

More Ideas:

Page	Story
24	<i>Fire and Water</i>

Reflection:

- In what circumstances do you see heaven and earth mirroring each other?
- How do beauty and war sit together in your story?
- What voices are usually amplified within you?
- What would stop you parking for long enough to quieten your surrounds and listen to the right voices?

Activities:

- Sit quietly. Look at yourself in a mirror or on your phone as you act out a range of facial expressions. You could photograph these expressions.
 - what voices are you hearing?
 - what is God saying to you?
 - how is heaven mirrored in who you are?
- Collage a self-portrait using your photographed emotions.
- Look in the mirror regularly this week and believe your story is important. Tell yourself that you are beautifully and wonderfully made.
- Have a time of silence and solitude by the water.

Page	Wonder
25	<i>Wonder Paint Pour</i>

Reflection:

- This artwork suggests someone tenderly gathering and holding to their heart a trail left by another. When has someone done this for you?
When have you done this for someone else?
How did each of these experiences feel?
- 'Someone's trash is another's treasure'.
How have you experienced this in the story of your life?
- How have you mined for the gold in another's life story?

Activities:

- Do a paint pour using three colours.
One to represent God, one yourself and one to represent others.
Be curious what God may be revealing as you watch the paint pour evolve.
-

Resources

More Ideas:

Page	Wonder
26	<i>When Doubt Visits</i>
	Reflection: <ul style="list-style-type: none">• Do you have a special place which reminds you of God? Describe that place.• Is there a complex part of you that often visits? Have the courage to name that part.• What steps can you take to begin the journey of acceptance and befriending this part?• How could you hold this complex part's hand and visit the special place which reminds you of God? Activities: <ul style="list-style-type: none">• Design and create a special, sacred space within your house. Include something that speaks to each of your senses. Listen for God's voice as you rest in this space with Him.• Visit a beautiful, sacred space where you feel close to God. Linger in this place and pay attention to the invitations, wrestles and gifts offered.• Write a list of your good qualities then a list of your more challenging qualities. How have each of these hindered, helped and protected you?
29	<i>Miracles from Mess</i>
	Reflection: <ul style="list-style-type: none">• What beautiful things have you created?• What is currently being birthed from your heart?• Describe a time when you turned away from something, forgetting your worth, values, calling, or God. How did this feel? How do you think God felt during this time?• Think of a messy time in your life. What miracles have emerged from that time?• What does the clay that is you, need to help it soften and turn more fully towards God the creator? Activities: <ul style="list-style-type: none">• Photocopy the artwork. Create a portrait of yourself onto this photocopy working in whatever way you feel led. You are a masterpiece, a miracle in the mess!• Cut the photocopy into pieces and make a collaged self-portrait.• Reflect on this artwork as you play with clay or playdough.

Resources

More Ideas:

Page	Wonder
30	<i>Secret Garden</i>

Reflection:

- What would a special journey with God look like?
- If God invited you into a place of regeneration, what would you like to find there?
- What needs to be unlocked, opened and entered for you to discover places of wonder and joy within?

Activities:

- Draw the key that would allow you entry into a place of wonder, regeneration, into a new season or a new you. Think outside the box. It may not look like a typical key to a door.
- Imagine you are peering through the keyhole into a place filled with smiles, anticipation and joy. Draw the keyhole and what you would see through it.
- Write a short descriptive passage about something or someplace where you experience wonder. Read it to someone.
- Spend time outdoors gazing at nature or, gaze at the photos in the journal on pages 5 and 43. Enjoy the beauty of creation.
- Join with God to go on a prayer walk or pilgrimage.

Page	Hope
31	<i>Hope Paint Pour</i>

Reflection:

- Describe what hope looks like for you?
- Where and how do you bring hope?
- What sits between you and hope?
- How does hope bring clarity, purpose and the pieces of your story together?

Activities:

- Draw a big heart. Each person writes onto the heart ways they offer hope to the world. Does this heart of hope look like a complete body? Discuss how you can work into the gaps? How can the group commit to filling one of the gaps?
 - Mark on a map of the world, your country, or city, where you offer your heart and hands? Write a list of ways you can extend this offering?
 - Create a heart mobile. Write on each heart your message of hope to the world.
-

Resources

More Ideas:

Page	Hope
32	<i>Let us Reframe</i>
	Reflection: <ul style="list-style-type: none">• In what areas have you, your church, your community or country been striving?• How may striving be masking the beauty, energy, and spontaneity of your true self and squashing life out of you?• What is one thing you could put in place to help you rest quietly and hear the gentle whisper of God over your life? Activities: <ul style="list-style-type: none">• Rest quietly and ask God for the courage to reveal your authentic heart. Receive the courage.• Create a mask. On one side draw and write all the qualities of your true self. On the reverse side draw or write the qualities of your false self. Which side feels more comfortable to wear?• Draw your polished and your scribbled hearts. Which heart would you prefer framed and hung? Why?
34	<i>My Little Boat</i>
	Reflection: <ul style="list-style-type: none">• Who or what has gently held you through the storms of life?• How have you experienced God in these stormy places?• In what ways have you held others during their storms?• How have you experienced hope in the hopeless? Activities: <ul style="list-style-type: none">• Create a hope chest, box, or jar. Place inside it things which bring you courage. This could include words of affirmation you have received, important scriptures, mementos. Reflect on these things when you're being tossed by a storm.• Write a list of things you can do which may boost you when you're feeling hopeless.• Trace your hands. Write on them all the ways you can offer hope to someone, to your community, and to the world. Act on one of these.• Start a gratitude diary. Daily add one thing you are grateful for.

Resources

More Ideas:

Page	Hope
35-37	<i>Restored Hope</i>
36	<i>Beauty in my Well-Worn Pocket</i>

Reflection:

- What is in your worn old pocket?
- How might this forged beauty impact others?
- What is bravely emerging in and through your story?
- What do you need Jesus to whisper to you today?

Activities:

- Ask people to write a word of encouragement for you onto a handkerchief. This could include Bible verses, words of wisdom, poetry. Carry this in your pocket as a reminder of what is being forged within you.
 - Find a beautiful pebble and carry its beauty with you in your pocket. Let it be a constant and close message of hope.
 - Create a paper pocket. Fill it with things that you carry in your well-worn pocket. Pray to understand what needs to stay in your pocket and what is ready to come out?
-

37 *Hope Rope*

Reflection:

- How active is your participation with God in holding hope for yourself and others, especially for those who are living in the margins of our world?
- How are you co-labouring with God in hope today?
Are you tethered or holding on, or are you pulling in hope for yourself and others?

Activities:

- Use three different strands of cord to represent three hopes - your hope, God's hope, and the hope of others. Weave or plait them together to make a strand of hope that cannot be broken. Attach it someplace to remind you of the hope you have in God.
 - On a piece of paper write out your hopes for self and others. Weave bible passages into this list as a reminder of God's participation and goodness.
-

Resources

More Ideas:

Page	Hope
38	<i>Re-membering</i>

Reflection:

- Explore the difference between male and female spiritual development.
- What does healthy and unhealthy masculinity look like in the church?
What does healthy and unhealthy femininity look like?
- How have you witnessed women having to act like men?
- How have you experienced the distortion of masculinity?
- What fear of intimacy exists between men and women in ministry?
- How do the stages of a person's life impact ministry?
- What connections exist between religion and domestic violence?
- Discuss the need for amplification of female voices within your church.
- How could healing and reparation from past wounds around silencing and diminishing begin in the church?
- How do you experience the female face, the feminine attributes of God?
- In what ways do you think the divine feminine has been forgotten? Why?
- Where have you witnessed what is dying in the church?
- In what ways have you seen the spirit doing a re-membering work through the church?
- How do these thoughts impact different diminished groups within the community?

Activities:

- List as many attributes of God that you can think of.
Try to sort them into masculine and feminine. Is this possible?
 - Deeply breathe in repeating the attribute of God that stands out to you.
As you exhale voice your desire for dismissed and diminished communities.
Consider how you can implement a way to 're-member' someone in your community.
 - Hold a ceremony for something that is dying within your church or within you.
Take time to grieve it and allow it to be released.
Allow time to celebrate spaciousness and allow new life to be initiated.
-

Resources

More Ideas:

Page	Hope
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43 *Reflections on Dam at Bethel Farm, Dalby*

Reflection:

- Where do you see hope in this photograph?
- Discuss a time when creation has restored your hope?

Activities:

- Sit and reflect on this image. What emotions are stirred within you?
 - Imagine Jesus is in this image. Where would he be placed and why?
 - Imagine Jesus is sitting viewing the landscape with you. What would he be saying and feeling?
-

44 *Blaze*

Reflection:

- Describe a time when have you walked past something from God then regretted not stopping? Explore your regret.
- When has stopping and spending time with Jesus resulted in an unexpected blessing? How did you have to co-labour with God during this time?
- What sits in your mind which often distracts you from the basket marked today?

Activities:

- Sit around a fire and share your special God moments.
 - Fingerprint a page using the colours of fire - yellow, orange and red. Enjoy the experience and the feeling of the paint. When the paint is dry draw onto the artwork with charcoal and get messy. As you create, consider how God may be re-igniting a fire in you?
-

Page	Courage
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45 *Courage Paint Pour*

Reflection:

- What does this piece speak to you about the importance of trusting relationships?
- How have others brought you courage?
- Who are your encouragers?

Activities:

- Do your own paint pour and trust the beauty of the changes occurring as the paint moves and dries. Watch its transformation.
 - Photocopy this paint pour from the journal. Add the names of your encouraging people onto the artwork.
-

Resources

More Ideas:

Page	Courage
46	<i>New Wine</i>

Reflection:

- Describe a time when you felt crushed by life's pressures, overwhelmed by hurt and grief.
- What new wine has come in the crushing?
- Are you holding on to hurt and pain in your life?
What will help you in surrendering this to God?

Activities:

- Have a bunch of grapes. Bite, chew, taste, drink and feel this food enter your body. Allow the courage of this new wine to fill you.
 - A diamond forms as a result of pressure. Reflect on the facets of a diamond. What beauty can you see reflected in this stone?
Draw the many facets of courage which you hold.
-

37 *The Banquet*

Reflection:

- Discuss a time when you were courageously obedient to God.
What was the result of your obedience?
- When have you eaten from God's banqueting table?
- What would feasting on God's word bring to your life?
- What promises do you always carry in your basket?
- What is God currently lavishing on you?

Activities:

- Create a banqueting plate by dividing a paper plate in half.
On one half write down or paint what you have been asking of God.
On the other add your experiences of God's provision.
 - Create a provision basket, envelope, or box. Use this to store a collection of scriptures which hold personal treasure for you.
 - Share together at a banqueting table. Include some new and unusual foods.
Express gratitude for the amazing variety God provides.
Eat slowly focusing on each of your senses.
-

Resources

More Ideas:

Page	Courage
49	<i>Teaching to Learn, Learning to Teach</i>

Reflection:

The same questions which were asked in this interview could be asked of any person in ministry:

- Tell us how you arrived in your ministry role.
- Tell us about how you have approached designing a program for your ministry.
- What do the young people you know say about the church?
- What keys can you hand young people to explore their own response to faith?
- What do you think may be lacking in the teaching resources you have used in the past?
- Share a story of when you've seen a light go on in a young person?
- What fuels your fire in your ministry work?
- How have you been exposed to obedience training in your faith?
When do you provide obedience training?
- How important has experiential learning been in developing your faith?
- In what ways does the church encourage and promote
 - rich and energising conversations?
 - spaces that are more inclusive, where differing views are heard and seriously considered, and where young people are respected and given the opportunity to contribute?In what ways do you encourage and promote these things?
- How can you provide spaces of acceptance, love and belonging?
- What doubts and questions around faith do you have?
- How do you wrestle with the big questions of faith and spirituality?
- When have you taken the time to go back to basics and allow space, time and experiences that can help you get to know God more?
- How does faith make sense in the world today when topics like climate, sexuality, equality, self-image, mental health, conformity, comparison, success and attractiveness dominate?
- What areas of hypocrisy may be sitting in your life?

Activities:

- Spend time with God as you honestly journal your doubts and wrestles about faith.
- Brainstorm new ways to offer non-judgemental spaces of faith learning.
- Use the front cover as a labyrinth as you meditate and ask God questions regarding your dreams for change.
- How could you share a ritual, practice, or celebration in a new way?
Have the courage to give it a go.
- Begin to fill a dream box with potential new pathways to learn about faith.
Action one thing.
- Start to create a new curriculum for your life allowing space to question your doubts without judgement.

Resources

More Ideas:

Page	Courage
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54	<i>Belly and Bones</i>
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Reflection:

- How has change created disruption in your community? In you?
- Prayerfully reflect on the Belly & Bones song. What words stand out? What might God be speaking to you through these words?
- Name an inspiring song which you could claim as your personal courage anthem. What is it about that piece of music that is encouraging?

Activities:

- Sing your courage anthem boldly allowing your breath to fill and energise you.
 - Write or illustrate the part of the song which you find inspiring.
 - Write a poem or song about a transformation that you have witnessed in self, others, a community, or the environment.
-

55	<i>Overflow</i>
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Reflection:

- Think of a time when it was difficult for you to speak up for yourself? What was stopping you? What did you find helpful?
- What long-term blessing have you experienced through advocating for self?
- Share a time when it was necessary for you to build an internal dam?
- What may be blocking the flow of the Spirit in you today?
- What pieces in your life have contributed to building a dam wall between you and the work of the Spirit?
Are these pieces relevant today or are they an historical safety net?
What blocks do you need to remove?
- What would it cost you to dismantle some of your wall? What would be the gift?

Activities:

- Give each person a paper brick on which they write a description of something which is blocking the flow of the Spirit in their life. Create a communal wall with the bricks. Brainstorm how the group can support each other to begin removing bricks.
 - Build a dam in a creek. Note the impact the dam has on the environment paying attention to where the water flow is being restricted. What needs to happen for the water to flow freely?
Release the water and thank God for its ability to be true to self.
 - Copy this artwork. Add words and highlight the words which describe blockages to the flow of the Spirit in your life. Ask God to open pathways for the Spirit to flow in you. Cut out any words which now feel redundant.
-

Resources

More Ideas:

Page	Courage
56	<i>The Groom Will Still Adore You</i>
	Reflection: <ul style="list-style-type: none">• How have you experienced a dated and irrelevant faith?• Which of your faith practices could be outdated? What can you do about this?• What may be the latest fashion for the church?• What would change in your church look like?• Discuss a time when you courageously implemented change and experienced resistance. What did resistance look like and how did you manage this?• What would unknowing and nakedness look like in your faith?• When have you been hurt by faith, religion, the church?• What has been your experience of grief in times of change? Activities: <ul style="list-style-type: none">• Transform a piece of plain-coloured lace fabric into a colourful artwork using markers, dye, paint, ink, dirt, glue, and scissors.• Use the lace as a stencil to create a second new artwork. Enjoy the art process and the transformation happening to the lace as you create.
57	<i>A Call to My Daughters</i>
	Reflection: <ul style="list-style-type: none">• Discuss a time when you have clearly heard God's voice. How did God speak to you? How did you respond? How did your response require your courage?• What stops you responding to God?• What is your call?• Are you ready and willing to take God's hand and rise with Him into your call? Activities: <ul style="list-style-type: none">• Spend some time listening to the sounds surrounding you, both within you and outside of you. What might God be speaking to you through these sounds? Respond creatively to what God is speaking to your heart.• Slowly read this liturgy aloud with another person. Be the 'call' then be the 'response.' How did reading each part feel different? Where did you sense God's presence most in the reading? Journal your experience.

Resources

More Ideas:

Page	Courage
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58 *She*

Reflection:

- Which Biblical woman mentioned in the poem do you most resonate with? Why?
- If your name were added to the list, what word would best describe your actions?
- What has been the cost of courage for you?
- What family DNA of courage has been passed down to you? What generational courage do you carry?

Activities:

- Consider your family of origin. Create a family tree of courage.
 - Add into the poem each person's name and the word which best describes their actions. Read the poem aloud.
-

59 *Esther – Queen of Courage*

Reflection:

- What stirs within you when you look at this artwork?
- What connection does the image make with your life?
- Share a time when something beautiful was forged because of your courage.

Activities:

- Lectio Visio this artwork. Gaze at the image and ask to see with God's eyes.
 - Create a list of the many pieces that make up who you are. Collage, mosaic, or weave a self-portrait and include each of these pieces.
 - Create a mindfulness colouring in page by drawing a self-portrait in the style of Esther on page 59. Reflect on the pieces which make up who you are as you colour this in.
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Back Cover

Reflection:

- Which back cover symbol do you most resonate with? Explain.
- How has inclusion and circular leadership offered you connection and belonging?

Activities:

- Create your own personal symbol and explain its meaning.
 - As a group place each person's symbols together and explore how they may connect.
-

Taste
& See



churches
of Christ
in NSW & ACT