



Landscapes of the Soul

Session 2: Seas - Courage in the Chaos

PARTICIPANT PAGE #2

1. What did you hear in the Audio Recording that stood out for you?
2. Read Matthew 14:22-33. What is this story really about? Where do you see yourself in it? What title would you give to capture the meaning it has for your life?
3. Recall other "sea stories" in the Bible. What are they saying about living in chaos or invitations to new beginnings?
4. Janice says "so many experiences in life are preparing us for the moment when we have to say 'yes' and step out of the boat." As you look back on some of the 'yes' moments in your life, what helped prepare you to take risks or exercise a daring faith?
5. Where do you feel God is inviting you to step out of the boat right now? What do you see in your own life, or in the life of your faith community, that is similar to Peter's attempt to walk on water?
6. What was the tone in Jesus' voice when he says, "You of little faith ...why did you doubt?"

Spiritual Practice Group Practice:

Read the David Whyte poem (see the Resource section of the Landscape webpage.) Can you picture yourself "inside" the poem, standing with the old man? Does a prayer rise in you that you want to offer to the "turbulent Jesus hidden in the water"?

- a) In a time of prayer, invite the group to share their prayers out loud or offer them silently from their heart. End with the Lord's Prayer.
- b) Place a beautiful bowl of water on a table in the centre of your group. After listening to the poem and imagining the prayer you want to offer, go to the bowl and offer their prayer out loud or silently. As an 'amen' dip hands into the water.

Take it Outside: Walking Meditation

"People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle." — Thich Nhat Hanh

As you walk this week, what do you see as you look around? How might you be more mindful of miracles seen by your own two eyes?