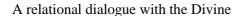
Finding Hope and Healing in the Psalms - Surprised by Joy in Troubling Days

As He moved among the broken in His time on our planet, the Creator quoted from an unexpected source. Christ referred to the Psalms more than any part of our sacred text. But when we need help in our living, we rarely knock on a poet's door; our bookshelves favour method over musing, movement over reflection, yet in the Psalms, we find beauty that brings our souls from weary valleys to hilltop praise. In this session, we consider a unique engagement with the artistry and genius of Christ's favoured writings.

Heather Holdsworth (MA(SFD) DipTh BEd(Hons)) is a Bible teacher, lecturer, artist and enjoyer of deep conversations over tea with friends. Her focus is on the subject of Spiritual Formation and Discipleship for people of all ages. After graduating with a degree in education, she taught in various schools, specialising in emotionally and behaviourally disordered young people. She has a keen interest in how people grow and, following a 2-year diploma in Practical Theology, completed an MA in Spiritual Formation & Discipleship in Seminary in Chicago in 2010. Heather is currently writing an illustrated commentary on the Psalms from her home in St. Andrews, Scotland where she lives with her husband, Adrian.

1. Entering into Friendship



2. Cultivating Hope

Moving from study to surrender through meditation

3. Exploring the genius of the Psalms

Patterns and structure that make us sing

4.	Engaging the whole self with the theology of the Psalms		
	a.	Art	
	b.	Music	
	c.	Poetry	