

## **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.

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### **1. Entering into Friendship**

A relational dialogue with the Divine

### **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