

content brief

SoulWalk is a formation resource centred around spiritual practices that are shaped by the Christian Story. This resource intentionally explores the value of spiritual practice as it relates to the strengthening of mental health.

A SoulWalk **Pathway** is a course of content designed for a small cohort of participants to develop a specific spiritual practice. This content is delivered through a series of 'micro-retreats'.

A **micro-retreat** is an invitation into a moment of reflection from the comfort of home as an accessible online activity.

The **RECEIVE pathway** presents the spiritual practice of *receiving* through the over-arching narrative of the Christian story - presented in four movements. Each movement is accessed through videos, PDFs, and audio files over the period of a fortnight through the website. The cohort is also encouraged to meet together at the end of each fortnight.

CONTENT OUTLINE:

Movement One: WHOLENESS - over the first fortnight participants interact with readings from Genesis 1, Psalm 8, Genesis 2, and Psalm 139.

Movement Two: FRACTURE - the second fortnight participants will interact with readings from Genesis 3, Genesis 4, Genesis 6, 8 & 9, and Genesis 11.

Movement Three: HEALING - the third fortnight invites participants to interact with readings from Luke 2, Luke 4, Luke 18, and Luke 23

Movement Four: RENEWAL - in the final fortnight participants interact with readings from Luke 24, 1 Corinthians 15, Revelation 21, and Revelation 22.