

content brief

(6 weeks)

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 **YIELD pathway** presents the spiritual practice of *yielding* through Jesus' prelude to His sermon on the Mount - known as 'the beatitudes' - presented in three movements. Each movement is accessed through videos, worksheets, 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 - over the first fortnight participants interact with the themes of 'the poor in spirit' and 'the grievers' from the beatitudes found in Matthew 5:3&4

Movement Two - the second fortnight participants will interact with the themes of 'the humble' and 'the power-givers' from the beatitudes in Matthew 5:5-7

Movement Three - the third and final fortnight invites participants to interact with the themes 'the hidden' and 'the disrupters and peacemakers' from the beatitudes in Matthew 5:8-10

GOTO: www.soulwalk.today to book your place in our upcoming orientation event