



Sensing the Spirit

A Whole Body Experience of Pilgrimage with the Senses



Journal Prompts

- Where did you imagine yourself in the Pentecost scene? Why do you think that is?
- What issues of concern, locally or globally, have been tugging at your heart? What do you think God is calling you to do?
- What are some experiences you think will help you develop empathy for others?
- How can you use your senses to draw closer to other parts of the Body of Christ and God during this time together?
- In what ways can prayer become more embodied for you?