

Notes:

The Curated Soul:

Living the Life you were Meant to Live

Week 4 — Explore Contemplation & Tradition

I. Explore the _____ Pathway

Rediscover some _____ Paths

This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'

— Jeremiah 6:16 NIV

Embrace the _____ in Communion

Each time you drink the cup, remember me. What you must solemnly realize is that every time you eat this bread and every time you drink this cup, you reenact in your words and actions the death of the Master, You will be drawn back to this meal again and again until the Master returns.

— 1 Corinthians 11:25-26 MSG

II. Explore the _____ Pathway

Make Sure Your Soul is _____

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

— Psalm 23:1-2 NIV

Seek Out _____ and _____

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.

— Mark 6:31-32 NIV