

January 15

Five  
Forks  
Church

Is the  
"sensate"  
pathway for  
you?

CURRENT SERMON SERIES

*Pathways*



Each week you will have an opportunity to take the pathway survey and determine if the given pathway is for you. Take a few minutes to answer the following questions, using a scale of 0-5; with 0 being not true at all and 5 being very true. Record your total score at the bottom, out of a possible 30 points. At the end of the series you will have 9 of these surveys and be able to determine which pathways connect best with you.

\_\_\_\_\_1.

I feel most connected to God when I'm in a setting that stimulates my senses: touch, taste, smell, sight, sound. I feel connected with God through communion.

\_\_\_\_\_2.

I feel connected with God when I enter historical church buildings, cathedrals, sanctuaries that have paintings and stained-glass windows.

\_\_\_\_\_3.

Beauty and excellence are important to me. It would be hard for me to worship in a church building that is plain and lacks any sense of awe. And I would have a hard time worshipping through "second-rate" Christian art or music.

\_\_\_\_\_4.

I would rather visit a museum or attend a concert than I would serve in the food pantry/clothes closet, study a theological concept or take a walk through my neighborhood.

\_\_\_\_\_5.

On a scale of 0-5, how much does the statement describing the hearts cry of sensate resonate with you in comparison with the others?

Naturalist: Let Me Be Outdoors

**Sensate:** Let Me Experience

Ascetic: Let Me Be Alone

Traditionalist: Let Me Remember

Activist: Let Me Conquer

Caregiver: Let Me Care

Enthusiast: Let Me Celebrate

Contemplative: Let Me Feel

Intellectual: Let Me Think

\_\_\_\_\_6.

I appreciate the use of visual graphics, maps, and artwork to express information.

Total all of your answers: \_\_\_\_\_

*\*The above questionnaire is adapted from Gary Thomas' book, Sacred Pathways (pg. 33-34).*

## One Way to Practice the Sensate Pathway:

\*Below are some suggestions for ways you could intentionally practice the sensate pathway. Don't get stuck trying to follow this plan, instead, be creative. Adapt it to suit your schedule and personality.

1. **Read** - Ezekiel 1-3; Revelation 1; Psalms 147; 149; 150
2. **Use your senses as you connect with God.**

**SOUND:** Listen to the sounds in your daily routine (ie: heater coming on)...what do these sounds teach you about God or *listen* to some of your favorite worship music or audio version of Scripture.

**SMELL:** Consider the smells in your home, your car, your office...what memories/experiences are connected to those smells and locations or take a hike and pay special attention to all of the smells you experience or bake a loaf of bread or cookies (or something scent stimulating) while you read a passage of Scripture or talk to God.

**TASTE:** Eat foods that stimulate your sense of taste and consider all of the flavors you are experiencing and what does that teach you about God or eat the bread or cookies you baked while reading/listening to a Scripture passage or talking to God..

**TOUCH:** Locate an object/item that reminds you of a Scripture passage or Biblical theme and carry it around with you this week.

**SIGHT:** Draw a picture of or look up (Google) images related to the Scripture passage you are reading or worship songs you are listening to. Or draw a representation of your relationship to God and consider why are you including the images you are including? Or pay attention to everything you see in your daily routine...what do the sights in your world teach you about God?

3. **Consider these two reflection questions:**

-How does my sensory experience connect to the Scriptures I read above or to any other Scriptures?

-What does my sensory experience teach me about God, about myself and about my relationship to God?

4. **Prayer** - Talk to God about your sensory experience.