

WEEK THREE | *Get Outside*

"Nature is the ultimate restorative environment."

-Cheryl Bridges Jones



Psalms 23:1-6 (NKJV):

The Lord is my shepherd;
I shall not want.

He makes me to lie down in green
pastures;
He leads me beside the still waters.

He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

Yea, though I walk through the valley of
the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.

You prepare a table before me in the
presence of my enemies;
You anoint my head with oil;
My cup runs over.

Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.





1. Get _____ and let God _____ you.

2. Beauty _____ the _____.

3. The secret of the healing power of beauty is learning to _____
it as a _____.

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” For “you were like sheep going astray,” but now you have returned to the Shepherd and Overseer of your souls.

- 1 Peter 2:24-25 NIV

PRESCRIPTION FOR WHAT IS AILING YOUR SOUL:

- Get outside of your house and let the beauty of God’s creation begin to restore your soul.
- Bring the outside in and create a space of beauty inside your house to continue the work of healing.

