

Date:

Podcast Worksheet
Finding Awe: Secrets to Happiness

Scriptural Texts:

Psalm 8:1-4; 19:1-4; 68:3; 148:7-13; Ecclesiastes 5:7; Isaiah 65:17-19

Main Points:

1. Awe helps readjust our focus, giving us perspective and hope.
2. *Our inner spiritual world cannot be activated without experience of the outer world of wonder for the mind, beauty for the imagination, and intimacy for the emotions. Thomas Berry*
3. Awe is being overcome with feelings of vast wonder and amazement, experiencing something that is beyond human ability or scale, transcending what we are able to understand or comprehend. It is witnessing magnificence.
4. Awe introduces into our mind a realization that life is much bigger than our small little worlds.
5. Awe-inspiring moments create an interruption in our worries and fears, overriding sadness and discouragement. They alter our disposition and can shift anger and disappointment.
6. The feelings of awe release positive chemicals in our brain that fight against inflammation and depression.
7. Experiencing awe can release creativity.
8. Awe helps us more easily access God, giving us eyes to see him and ears to hear his voice.
9. Experiences of awe are a taste of heaven, a glimpse of what we have to look forward to in our next life.

Questions:

1. Describe moments you have experienced awe.

2. Read the above scriptural texts. What inspiration do you personally connect with in these verses?

3. What experiences can you add to your life that will invite more moments of awe?

Prayer of Response:

Lord God, I praise you and thank you for the amazing things you have created in this world to help us see you and feel a sense of awe and wonderment. Thank you for visible, physical, and audible experiences that bring joy, creativity, hope, and perspective. You are a good God, providing for us in wonderful ways. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
