

Walking in Wholeness and Holiness¹

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Carl Jung wrote, “The psychological rule says that when an inner situation is not made conscious, it happens outside as fate.”² This workshop is designed to lead Christians,³ in the context of a medical setting, to discover and acknowledge that they are on a personal journey of healing and liberation, and maturing in wholeness and holiness as they, in turn, participate in the healing and liberating of others.

This workshop is designed to open the hearts of those who involve themselves in this journey, believing it will awaken them to a deeper understanding of walking in wholeness and holiness. This is done as participants ask questions such as, “What did the saints of God in the Bible *feel*? Do I have anything in common with them, any feelings in common with them? What would it be like to walk with one of them? Were they told, ‘Nice boys and girls don’t get angry,’ or ‘Big boys and girls don’t cry’? Were they told, ‘Don’t feel, don’t trust, and don’t talk’”??

Feelings are God-given, and it is important that they be reflected upon in light of walking *The Way*, understanding that they, the participants, are a part of the whole people of God, walking in wholeness and holiness in the midst of the uncomfortableness of these feelings. It is important to recognize that the saints, the great cloud of witnesses, experienced uncomfortable feelings as they were walking *The Way*.

The **intent** of this workshop is to awaken, identify, and acknowledge **faith and feelings** that may be lying dormant and to acknowledge the calling of each to walk in wholeness and holiness with integrity, being able to know the Christian life is a journey to which each is called in light of who each one is within the context of the community of faith. We are created mind, body, and soul. Four 15-minute segments are as follows:

1. Praying with clay, any art medium, experiencing emotions and expressing feelings, and utilizing a spirituality time-line
2. Filling the glass flask of life with feeling words, using those words on a time-line
3. Working with Feelings/Facts/Faith and how they come together - or do they
4. Journaling, being in touch with one’s feelings with pen, writing letters to different people whom the participant would like to give a “piece of his/her mind” - to include God, and using the spirituality time-line⁴

¹This is an integration of clinical, theological, and spiritual disciplines.

²Robin Casarjian, *Houses of Healing: A Prisoner’s Guide to Inner Power and Freedom* (Boston: The Lionheart Foundation, 1995), 36.

³My interest is in helping Christians to be *real* about their faith and feelings instead of believing they are supposed to act like everything is wonderful, when the Bible does not teach this falseness.

⁴This is an interactive workshop, involving the participants on their own journey-as much as they are willing to be involved. This is measurable using the evaluation strategy of observation and journaling.