



The power of  
compassion

Your deepest desire

God's glory  
in nature

# HOW TO

*Become A*

# HUMAN BEING

The beauty of holiness

Find yourself in  
his design

LEARNING TO SEE GOD  
THROUGH THE POETRY OF LIFE

He turns sorrow  
into victory

# ART. MUSIC. LAUGHTER. SILENCE.

Somewhere in the busyness of our modern age, we have forgotten how to be human. We have built a world of 1's and 0's, losing ourselves in the process. Human beings are not machines. We are more than biology and productivity. We were created for relational intimacy with God and his creation, and he calls us to himself.

But how do we relearn to be human? How do we learn to hear God in the mundane and ordinary moments of life and walk with him through the seasons? This teaching series seeks to turn our hearts towards God in a fresh way while finding a renewed experience of beauty and life in the process. He is the restorer of souls.

Over the next six weeks, this guide will challenge you to engage with God in new ways. Make the choice now to interrupt your routines and try something new. Turn off your TV. Put down your phone. Open your heart to healing and restoration. Allow God to teach you how to become a human being.

# HOW TO MAKE THE MOST OF THIS BOOKLET

*Verses for Meditation:* Each week, you will have the opportunity to read through one psalm several times. Read slowly, looking for words or phrases that glimmer. When they do, ask the Holy Spirit to bring insight and clarity. Journal what you sense God is showing you.

*Prompt for Reflection:* Reflect on these thoughts as you apply the truths from the week's sermon and psalm.

*Acts of Healing:* This section provides a few practical ways to apply God's truth to your life. Don't let the list limit you. God will show you ways that are unique to you. That is the beauty of the journey of faith.

*Spotify Playlist:* Each week offers a uniquely curated Spotify playlist. Music can often speak when words fail us. It can calm our agitations, flood our souls with joy, or fill our eyes with tears. Let music be integral to your journey to becoming a human being.

WEEK ONE

# SLOWING DOWN HEALS

VERSES FOR MEDITATION

## PSALM 62

Slowing down is a revolutionary choice that allows us to reconnect fully with both our humanity and our Creator. Yield to the reality of our absolute dependence on God and the unlimited supply of his love for us. Are you willing to slow down today?

## ***Acts of Healing***

Begin to practice silence. Take a 3–5-minute break during your day to sit with your eyes closed in silence. Consider driving in silence a few times during the week.

Practice focusing only on the task at hand, the conversation you are in, or the people in front of you. Rushing and multi-tasking dehumanize our relationships and our work.

Have (at least) a 20-minute conversation with someone over the age of 70. Come with questions for them about their life.

Drive the speed limit (or closer to it!), giving yourself enough time to get somewhere without practicing your NASCAR skills. This will bring greater peace physically, mentally, and emotionally.

Have a 10-minute conversation with a small child.

Learn more about the spiritual practice of a weekly Sabbath. Begin applying what you learn.

## ***Spotify Playlist***

Use this playlist to help you engage your heart in slowing down.



**VoxChurch\_SlowingDownHeals**

WEEK TWO

# NATURE HEALS

VERSES FOR MEDITATION

## PSALM 104

The sense of wonder that nature sparks within the human heart is a small glimpse into the glory of God. Remember feelings you've experienced from watching a glorious sunrise or soaking in the brilliant reds, oranges, and yellows as the leaves change in the fall? Our hearts come alive when we stop and consider the beauty of nature. This week, how will you enjoy God's creation?

## ***Acts of Healing***

Get up early one morning and watch the sunrise.

Take a slow daytime walk and notice the beauty of nature around you. Or walk at night and observe the stars. Deeply breathe in the cold night air.

Whatever the season, take up a new hobby—biking, hiking, bird watching, skiing, or something else that takes you outdoors.

Drive to a shoreline near you and watch the sunset over the water.

Bundle up and invite some friends to enjoy s'mores over an outdoor firepit.

Go outside right after a snowstorm and observe the beauty of freshly fallen snow and the silence that accompanies it.

## ***Spotify Playlist***



**VoxChurch\_NatureHeals**

WEEK THREE

# TRUTH HEALS

VERSES FOR MEDITATION

## PSALM 19

We live in a world bent on shunning absolutes under the guise of freedom. Culture teaches us we can decide our truth. However, discovering God's truth is the only sure way back to becoming a human being. How will you invite more of God's truth into your life this week?



## ***Acts of Healing***

After hearing this week's sermon, create a prayer list of truths that stuck out to you. Take a walk each day and talk to God about one thing on that list. Listen for his voice.

Download the Pray as You Go app on your phone. Use this to discover new ways to pray and engage in the truth of God's Word.

Use the YouVersion Bible app to listen to Psalm 19 in the dark. Allow the words to fill the air and soak into your soul.

Use your imagination to encounter Jesus in Scripture. Read Luke 7:36-50 slowly. As you read, put yourself in the position of the woman with the alabaster jar. How do Jesus's words and actions affect your soul? Spend time with this. Pray and worship.

Each night this week, commit to sitting around the dinner table with family or friends (or both) and, as you sit down, open the Bible together and read a psalm. Before you read, light a candle in the middle of the table and say together, "Your Word is a lamp to our feet and a light to our path."

Read John 3:1-21. Then watch *The Chosen*, episode 7 of Season 1. How is this biblical narrative speaking to your heart right now? Turn those thoughts into a written prayer.

## ***Spotify Playlist***



**VoxChurch\_TruthHeals**

WEEK FOUR

# CHRIST- CENTERED IDENTITY HEALS

VERSES FOR MEDITATION

## PSALM 139

We are all naturally compelled to seek clarity around identity. Who am I? What is my purpose? Culture offers answers that leave us empty. God's desire for you is to slow down and reflect on the biblical truth of *Imago Dei*. He invites you into the glory and mystery of being *created in his image and after his likeness*. How will you accept his invitation this week?

## ***Acts of Healing***

Read the account of creation found in Genesis chapters one and two. Invite the Holy Spirit to breathe life into the words of Scripture. Journal what you notice, especially concerning the creation of mankind.

Explore the Sistine Chapel through a virtual tour. Spend quiet, reflective time gazing on the fresco known as “Creation of Adam.” Talk to God about what you see.

What does it mean to be *fearfully and wonderfully made* by God? Make a list of ways God has uniquely created you. For example: *Thank you for how my hands allow me to play piano or carry my groceries. Thank you for the way my feet allow me to dance or run.* Add to this list of gratitude daily and make it part of your morning prayer.

Use this QR code to find a list of truths about how God sees you:



## ***Spotify Playlist***



**VoxChurch\_IdentityHeals**

WEEK FIVE

# TEARS HEAL

VERSES FOR MEDITATION

## PSALM 42

From birth to old age, crying is a natural human response to a range of emotions, including joy, sadness, grief, or anger. But for many, this element of our humanity has been muted or frozen. A critical step to becoming a human being is welcoming the tears. What will this look like for you today?

## ***Acts of Healing***

Visit the poetry section of your local library. Choose one volume to borrow. If poetry is new to you, use this QR code to find tips on how to read poetry.



Inviting the beauty of different forms of art moves your emotions. Visit a local art museum. Walk around slowly. Allow your senses to engage in the beauty of color.

Slow down and reflect on your life. What losses, changes, or disappointments have you buried or pushed past? Make a list and invite God into the process of grief and mourning.

Contemplate seeking professional counseling to process the list mentioned above. Push past the lie that equates getting help with weakness. Consider this as just another step in becoming a human being.

Find more information on support offered at your Vox campus by visiting [voxchurch.org/supportgroups](http://voxchurch.org/supportgroups)

## ***Spotify Playlist***



**VoxChurch\_TearsHeal**

WEEK SIX

# KINDNESS HEALS

VERSES FOR MEDITATION

## PSALM 86

We underestimate the power of a smile, a kind word, a listening ear, or a small act of compassion towards another. The troubles and fullness of life can rob us of displaying basic human kindness. We can forget that everyone is fighting some type of battle. The first step in restoring empathy towards others is accepting God's invitation to recognize his tender compassion towards you. How will you show that compassion to others this week?

## ***Acts of Healing***

Participate fully in the Vox 40 Days of Compassion initiative.

Begin to give at least one honest compliment to others daily.

Develop the habit of being slow to speak and quick to listen. It may be helpful to search for *How to Become a Better Listener* and intentionally practice what you learn.

Keep your phone in your pocket when standing in line at the store, post office, etc. Engage in conversation with someone waiting with you.

Treat a co-worker to a cup of coffee or tea. Tell them one thing you appreciate about them.

Pray for someone who frustrates or annoys you. As your heart changes, find simple ways to extend kindness toward them.

## ***Spotify Playlist***



**VoxChurch\_KindnessHeals**



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