

Living Deeply

a group journey into personal growth

In a nutshell

Are you looking for a course to help you, or people you know, explore how to connect personal and pastoral issues with the Christian faith? If you are, read on to find out about *Living Deeply*.

Living Deeply brings together academic psychology and Christian tradition to help us face issues about ourselves, raise challenges about our relationships, and point to what is above and beyond. The course provides, via free online materials, content for nine sessions of exploration.

This free course consists of short video learning materials from the website www.livingdeeplyvideos.co.uk which are also available on YouTube. There is also a group facilitator's guide available by request to help a group leader make best use of the videos. It is supported online by a forum for users.

Who's produced it?

It's presented by Dr Sara Savage, a social and cognitive psychologist, and Dr Roger Bretherton, Principal Lecturer for Enterprise at the School of Psychology at the University of Lincoln. It has been created by a team at the Cambridge Institute for Applied Psychology & Religion, and draws on the book *Living Deeply: A Psychological and Spiritual Journey* by Fraser Watts (Lutterworth Press, 2018), a psychologist and Anglican priest, and the first Starbridge Lecturer in Theology and Natural Science in the University of Cambridge.

Who's it for?

The facilitator's guide has been written on the assumption that most people will do *Living Deeply* in a church-related group. However, anyone is welcome to use the material in other ways. People can use it on their own, or in informal groups that have no particular religious affiliation. Though *Living Deeply* draws particularly on Christianity, it is designed so it can be used with benefit by people of other faiths, or none.

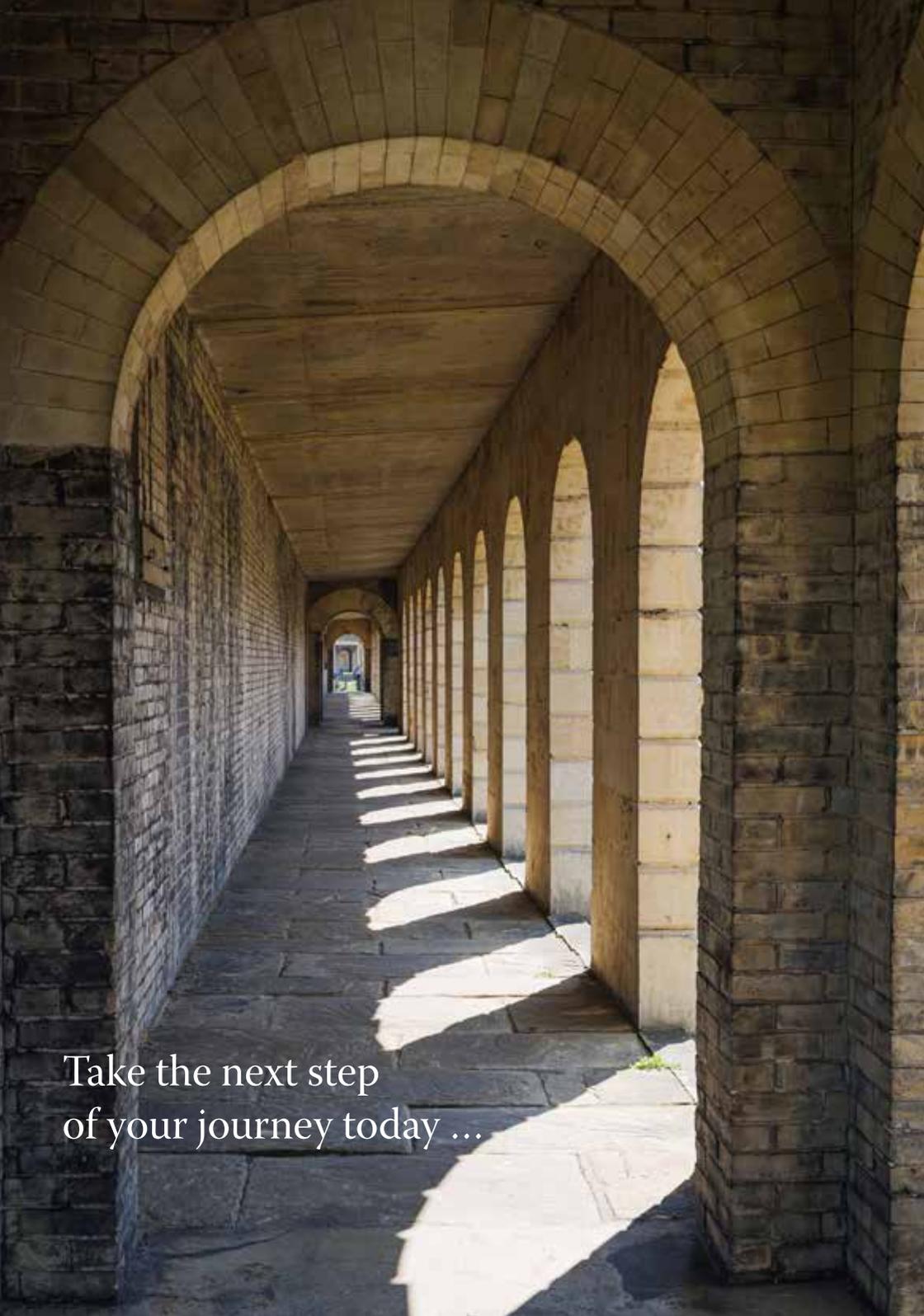
To find out more:
www.livingdeeplyvideos.co.uk



What's the key content?

Three modules, each with three sessions, each based round four videos

Module 1 – Personal Issues		
1 - Stress and Coping <i>Four videos</i> How do you respond to stress? How to cope How support can help How prayer can help	2 - Depression <i>Four videos</i> Feeling low Negative thinking Getting help The spiritual side of depression	3 - Loss and Death <i>Four videos</i> Being bereaved The silver lining Know your feelings Coming to terms with death
Module 2 – Relationships and Community		
4 - Personal Relationships <i>Four videos</i> Place of relationships Helping each other Attachment and trust. Spiritual companions	5 - Community <i>Four videos</i> Living in groups Badges of membership Individualism and conformity Telling our story	6 - Forgiveness and Reconciliation <i>Four videos</i> Guilt Reconciliation How to forgive The challenge of forgiveness
Module 3 – Spirituality and Religion		
7 - Sin and Salvation <i>Four videos</i> What is sin? Common sins Human liberation How we benefit	8 - Suffering and wholeness <i>Four videos</i> Suffering Health and healing Wholeness Social wholeness	9 - God and Self <i>Four videos</i> God and ourselves Finding God in ourselves Words and reality God and desire



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