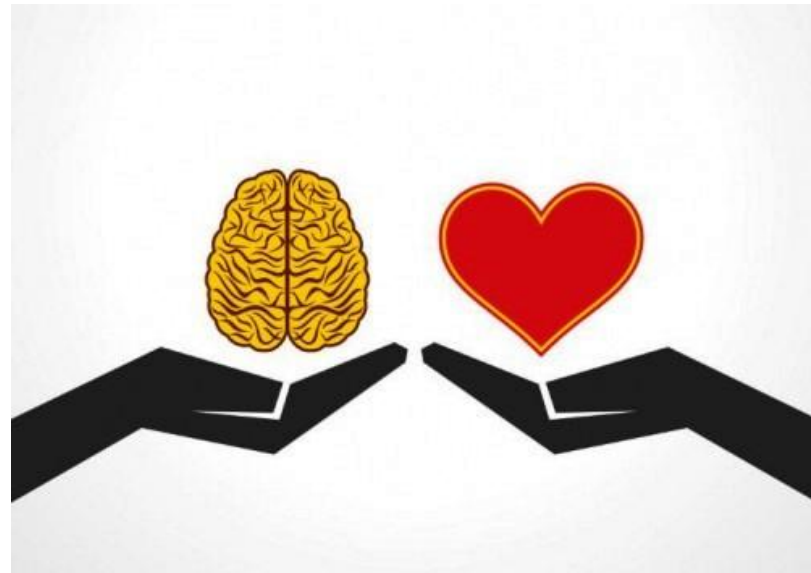
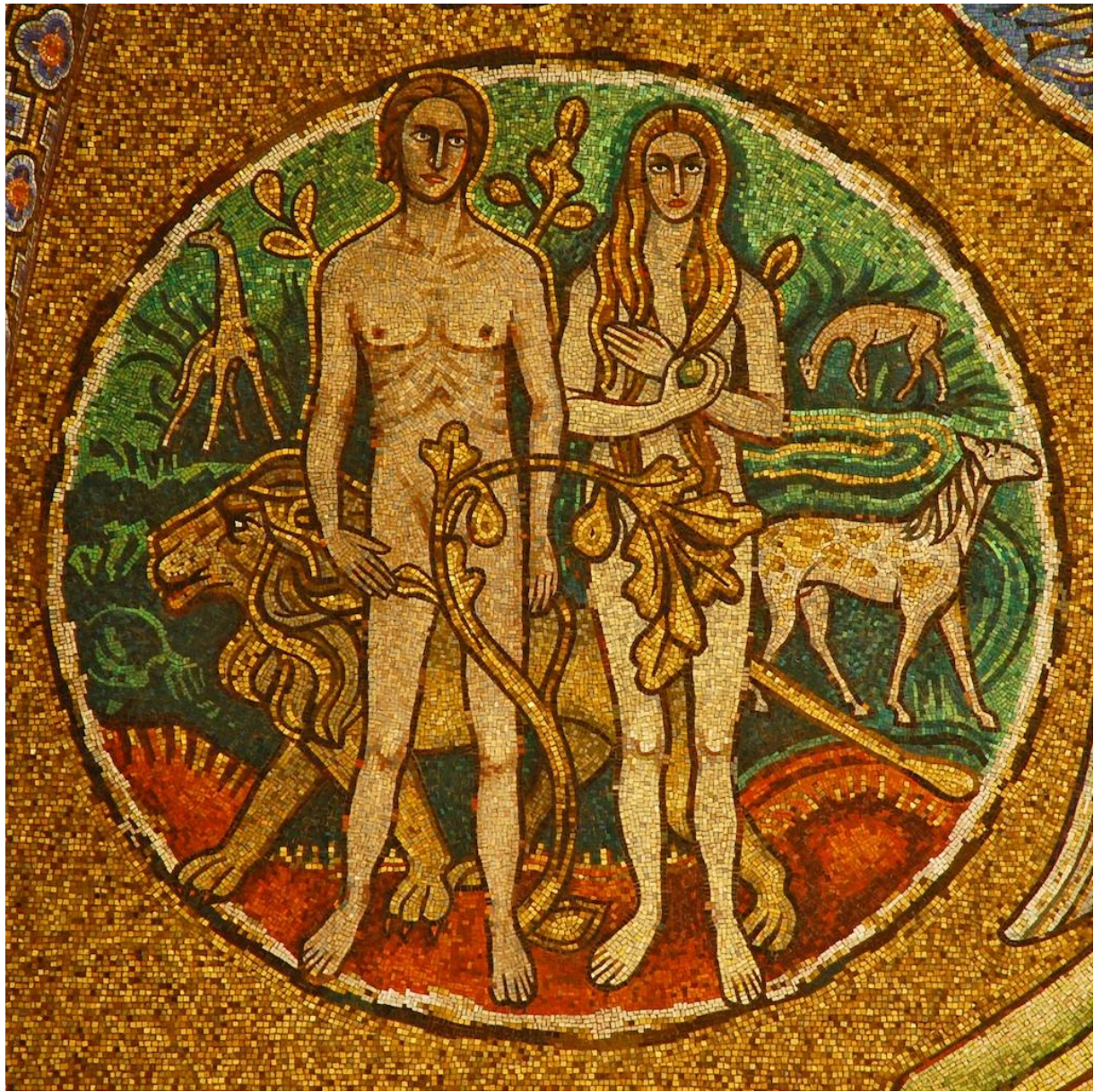



Hebrew “knowing”

Integrating head and heart in spiritual direction



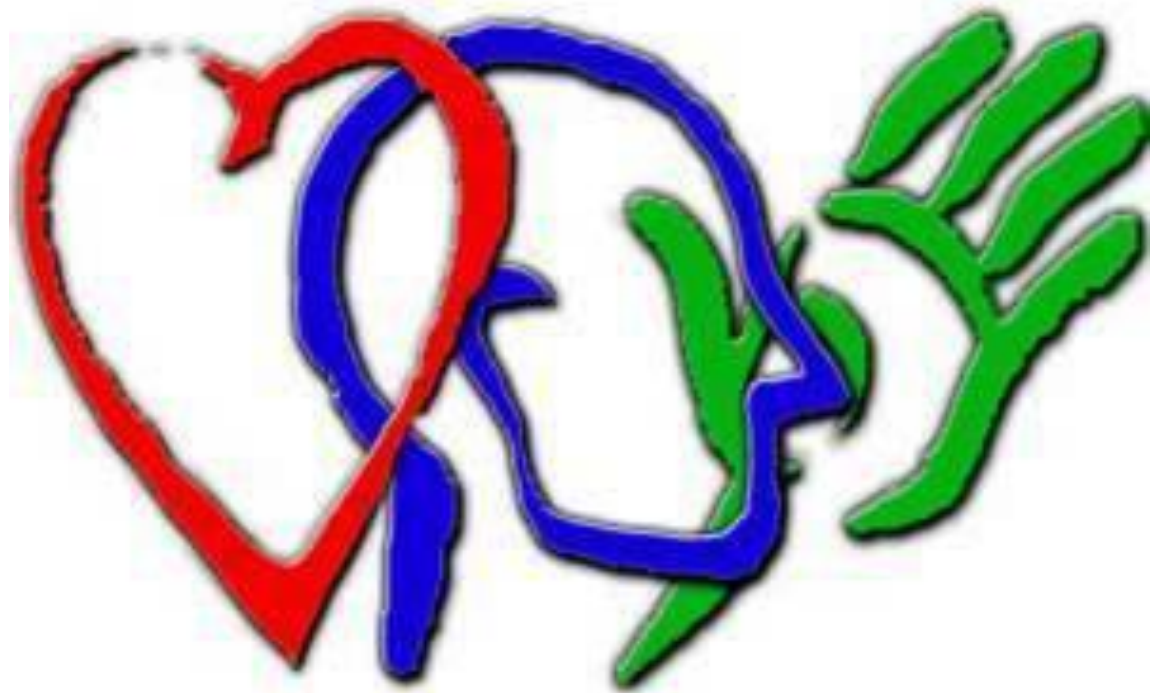






“In Hebrew, ‘to know’ mostly has the connotation of knowing through experience. ‘Knowledge of God’ does not simply mean knowledge about God, but a knowledge based on being with him and loving him.”

Holistic knowing...





WARNING

**I'M NOT
LISTENING**

Some alternative questions...

How might our different ways of knowing be integrated?

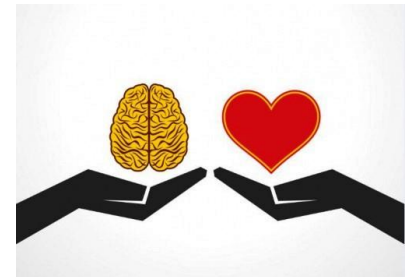
How can our hearts say “come in” to our heads? Or our heads say “come in” to our hearts?




Where is God in this process of knowing?

For discussion

- What have you heard/ noticed in this elective that may be helpful for you?
- What helps a T person to hear their F self better? And what helps an F to hear their T self better?
- How is God present in this process of us knowing ourselves – and him - more fully?





“Most of our conflicts and difficulties come from trying to deal with the spiritual and practical aspects of our life separately instead of realizing them as parts of one whole.”

– Evelyn Underhill

“We don't think ourselves into a new way of living; we live ourselves into a new way of thinking.” - Richard Rohr