



Questions:

1. Are there situations in which you experience joy of satisfaction even when your burdens are heavy? Why do you think that happens?
2. How do you create or restore connection to God? What happens when you do?
3. Where in life do you find your sweet spot? What happens when you are able to access your greatest power with the least amount of effort? Where do you think that power comes from?
4. Jesus talked about finding Heaven in the heart of struggle, not in the absence of it. Do you think that's true? How does your own unique home pattern help you in your daily struggles?
5. What spiritual practices lead you to threshold moments? How might improvisational worship experiences factor in? Where do you experience fear? Where do you find flow?

EPISODE TITLE: "The Yoke of God"

Busy, Episode 1

Featured Guest: Marcia McFee

Dr. Marcia McFee is a ritual artist. Drawing on a first career in professional dance and musical theater and equipped with a Master's in Theology and a PhD in Liturgical Studies, she understands the role of any artist in the church as that of creating extraordinary portals through which communities journey with the Spirit. The task is at once deeply theological and wildly artistic. Connecting worship professionals and volunteers to their passion and depth of spiritual leadership is her aim in teaching and consulting as well as equipping them to explore diverse expressions of worship with enthusiasm. Dr. McFee has designed and led worship for many regional, national and international denominational gatherings over the last 20 years, coordinating musicians, visual artists, preachers and choirs from around the world.

Pneuma Divina Scripture: Matthew 11: 28-30

28 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.'

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