

Welcome to  
Paraprofessional  
Certification in  
Spiritual Formation

The Ministry of Spiritual Formation,  
First United Methodist Church  
Baton Rouge, Louisiana

Garrett-Evangelical Theological  
Seminary  
Evanston, Illinois

Paraprofessional  
Certification in Spiritual  
Formation  
Spiritual Disciplines and Prayer  
Session 1:  
Introduction to Prayer

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## Paraprofessional Certification in Spiritual Formation

- General Board of Higher Education and Ministry of the United Methodist Church
- Garrett-Evangelical Theological Seminary
- The Ministry of Spiritual Formation, First United Methodist Church, Baton Rouge.
- Louisiana Annual Conference of The United Methodist Church

## Paraprofessional Certification in Spiritual Formation

- Spiritual Disciplines and Prayer
- Practice of Holy Listening
- Developing Bible Study for Faith Formation
- Practicum in Holy Listening and Applications in Congregational Life 1
- Methodist Heritage and Faith Formation
- Practicum in Holy Listening and Applications in Congregational Life 2

## Paraprofessional Certification in Spiritual Formation

- Completion of all requirements for each course module
- Demonstrated “leadership with full responsibility” in Spiritual Formation for two years
- GBHEM reviews application
- Louisiana Conference Board of Ministry interviews; oversees background check and psychological testing
- Certification is given by the Conference and must be renewed every two years.

## Certificate of Completion in Spiritual Formation Ministries Leadership

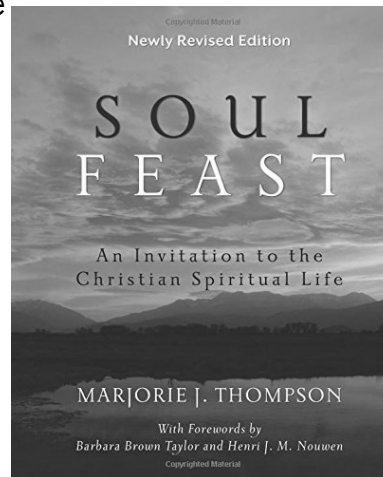
- What if I don't want to complete the Paraprofessional Certification?
  - If you are receiving conference scholarship, you are obligated to complete.
  - All persons completing the full program will receive a Certificate of Completion in Spiritual Formation Ministries Leadership from Garrett-Evangelical Theological Seminary
  - You also receive a certificate of completion for each course segment (3 CEU's for Spiritual Disciplines and Prayer).

## Renewal of Spiritual Disciplines and Prayer

- Thomas Merton, *Contemplative Prayer*, 1969
- Elizabeth Kubler-Ross, *On Death and Dying*, 1969
- Morton Kelsey, *The Other Side of Silence*, 1976
- Upper Room expanding program ministries, 1980s
- Spiritual Directors International, early 1990s
- UM Professional Certification in Spiritual Formation, 2000
- Upper Room Companions in Christ, 2001

## Spiritual Disciplines in *Soul Feast*

- Spiritual Reading of Scripture
- Prayer
- Corporate Worship
- Practices of self-emptying
- Spiritual Companionship
- Hospitality
- Developing a Rule of Life



Spiritual formation is the process of becoming more like Jesus Christ for the sake of others.

- Robert Mulholland

Love God with all of you heart, and soul, and mind, and strength. Love your neighbor as yourself.

## Rule of Life

Marjorie Thompson, *Soul Feast*

- A ***rule of life*** is
- a ***pattern*** of ***spiritual disciplines***
- that provides
- ***structure*** and ***direction***
- for ***growth in holiness***.

## Definition and Rules of the Methodist Societies

- “Such a society is no other than ‘a company of [people] having the form and seeking the power of godliness, united in order to pray together, to receive the word of exhortation, and to watch over one another in love, that they may help each other to work out their salvation.’”
- Avoid evil
- Do good
- Attend upon Ordinances of the Church

## John Wesley “The Means of Grace”

- How do we “wait upon the Lord?”
- By “marching forward with all our might.”
- Ordinary Means of Grace
  - Public and Private Prayer
  - Attending upon Sacraments of the Church
  - Scripture reading
  - Holy Conferencing
  - Fasting or Abstinence

## Active Prayer & Dispositional Prayer

Paul Konkler, *Don't You Belong to Me? A Basic Introduction to the Spiritual Life*  
(New York: Paulist Press, 1979)

### Human action –

“I” address God.

- Adoration
- Confession
- Petition
- Intercession
- Thanksgiving
- Praise

### God's action –

“I” dispose myself to listen for God

- Lectio Divina
- Prayer of Recollection
- Contemplative or meditative prayer
- Centering Prayer
- Jesus Prayer
- Praise

## Dietrich Bonhoeffer on Prayer Why do I Meditate?

- Because I am a Christian.
- Because I am a preacher of the Word/a Christian leader!
- Because I need a firm discipline of prayer.
- Because I need help against the “unseemly haste and disquiet” that also endanger my work as pastor/Christian leader.

## Dietrich Bonhoeffer on Prayer

- Our first offering of the day to God
- Danger to pastor losing personal devotion with duties of sermon preparation
- Danger of intercession interfering with the "most important thing, which is the salvation of your own soul"
- Make time for both intercession and your own contemplation!
- Allowing Holy Spirit to pray with us

## Dietrich Bonhoeffer on Daily Meditation

The Word of Scripture should never stop sounding in your ears and working in you all day long, just like the words of someone you love. . . .

If your thoughts stray, while meditating, to people near to you or those about whom you are concerned, then keep them there. That is the right place for intercession.



## Rule of St. Benedict

Sixth Century

- *Opus Dei* – daily office of prayer
- *Opus Manuum* – manual labor
- *Lectio Divina* – prayerful reading of scripture
- Practice of hospitality to all!

### *Lectio Divina*

- Reading – lectio
- Meditating – meditatio
- Praying – oratio
- Contemplating – contemplatio

## *Lectio Divina*

- Reading – lectio – senses
- Meditating – meditatio – mental
- Praying – oratio – emotional
- Contemplating – contemplatio –  
outstrips the faculties

## *Lectio Divina*

- Seeking the “message” for us today –  
the WORD behind the words of  
Scripture.
- DABHAR
- Psalm 1

