

Paraprofessional
Certification in Spiritual
Formation

Spiritual Disciplines and Prayer

Session 4:

Course Assignments &
Developing a Rule of Life

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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.

Course Assignments

- Prayer Practices at www.dwightjudy.com
 - Weekly assignments
 - Prayer log
- Reading
 - Marjorie Thompson, *Soul Feast*
 - Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*
- Developing Rule of Life
- Small group meetings
- Written assignments

Developing a Rule of Life: Aim of Christian Life

- Imitation of Christ/following Jesus
 - Fullness of life
 - Capacity for suffering in Christ's name
- Hesychasm/Shalom
 - Eastern Orthodox
 - Hebrew Tradition
- Sanctification/Divinization
- Being made perfect in love in this life
 - Wesleyan aim

Classic Rules

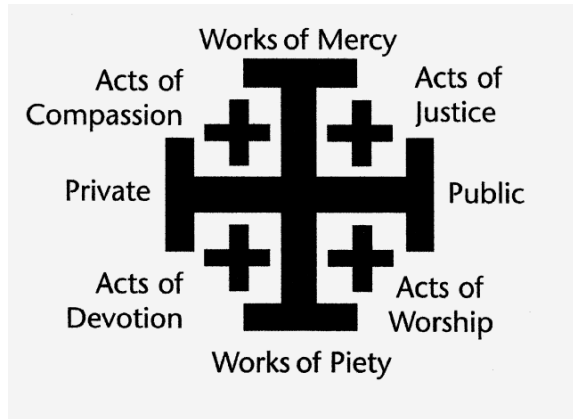
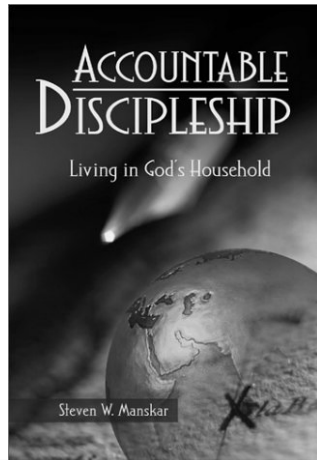
- Beatitudes
- Benedictine Rule
 - Opus Dei/Daily Office
 - Lectio Divina/Study of Divine Word
 - Opus Manuum/Manual labor, social justice, administration
 - Hospitality
- Rules of Methodist Societies
- The Lord's Prayer
- The Ten Commandments

Rules of the Methodist Societies

- Avoid evil
- Do good
- Attend upon Ordinances of the Church (practice the Means of Grace)
 - Public and Private Prayer
 - Attending upon Sacraments of the Church
 - Scripture reading
 - Holy Conferencing
 - Fasting or Abstinence

Wesleyan Accountability

- Covenant Discipleship – Steven Manskar; David Lowes Watson & Gayle Turner Watson



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***.

Difficulties

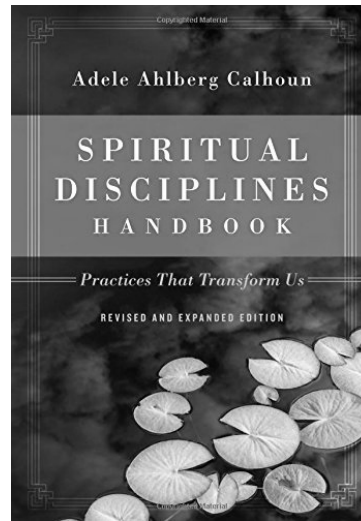
- Is there childcare in the desert?
 - Ernest Boyer, Jr., *A Way in the World: Family Life as Spiritual Discipline* (San Francisco: Harper & Row, 1984)
- Need for Balance
 - Life at the Center
 - Life at the Edge
 - Need for Balance
- Unseemly haste

Questions for Choosing our Disciplines Marjorie Thompson

- What [of the disciplines] am I deeply attracted to, and why?
- Where do I feel God is calling me to stretch and grow?
- What kind of balance do I need in my life?

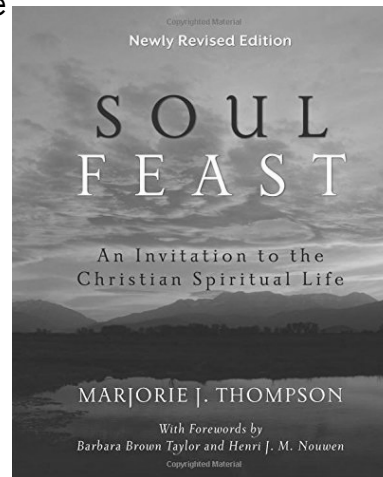
Spiritual Disciplines Handbook Adele Ahlberg Calhoun

- Worship
- Open Myself to God
- Relinquish the False Self
- Share my Life with Others
- Hear God's Word
- Incarnate the Love of Christ
- Pray



Spiritual Disciplines in *Soul Feast*

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



Going on to Perfection of Love

- What spiritual practices help you to connect with God?
- What practices help you to grow in love of neighbor?
- How would you know if you are growing in love?
- Meister Eckhart – “The Holy Spirit comes upon us bit by bit. . . . So that were we to live a thousand years, we could still grow in love.”

Bernard of Clairvaux – 12th Century

- If then you are wise, you will show yourself rather as a reservoir than a canal. For a canal spreads abroad its water as it receives it, but a reservoir waits until it is filled before overflowing, and then communicates, without loss to itself, its superabundant water. In the Church at the present day, we have many canals, few reservoirs.

Bernard of Clairvaux

- So urgent is the love of those through whom the streams of heavenly teaching flow to us, that they wish to pour it forth before they have been filled. They are more ready to speak than to listen, impatient to teach what they have not grasped and full of the presumption to govern others while they know not how to govern themselves.

Bernard of Clairvaux

- Give then to me out of your surplus – if not, then spare me.