

Everyday Sacred: Engaging Spirituality through Scripture and the Christian Tradition

#1 – Introduction to Spirituality

Includes an overview of spirituality, a review of foundational spiritual practices, a presentation on the stages of faith development, and a review and discussion of spiritual challenges typical of different life stages. Participants will identify and evaluate their own spiritual practices and reflect on their stage of faith development.

#2 – Prayer: Theory, History & Practice

Why should we pray? Is there a “best” way to do that? A review of some of the historical development of Christian prayer (rooted initially in Judaism) provides helpful guidance for today’s seekers. Various prayer practices will be presented and individuals can explore forms of prayer that may be new to them.

#3 – How to Read & Understand the Bible

Christian spirituality had its origins in the experiences of the first disciples of Jesus, many of which are recorded in the Bible. This module will look at what the Bible is and how to read it in the light of modern biblical scholarship, including the reality of suffering and challenges from feminism and fundamentalism. Participants will receive short gospel texts to analyze/reflect upon and share with the group.

#4 – How to Pray with the Bible

Bible study is different from biblical prayer. This module explores the multiple prayer forms and examples found in the Bible and suggests ways that Christians through the centuries have prayed with these sacred texts. This includes Lectio Divina, imaginative prayer, or the use of prayer words. The day will include opportunities for praying in these specific ways.

#5 – What Does it Mean to be Human?

Anthropology, or the study of humanness, is an effective starting point for theology. This module will consider human beings as embodied spirits, as part of God’s “very good” creation. To be human is to thirst, to be wounded, but still be ever attentive to “the good, the true, and the beautiful.” Participants will describe how they see their own humanness and identify their strengths and “growing edges.”

#6 – Who Is Jesus & Why Does He Matter?

If we’re wondering what God is like, we need look no further than what Jesus did and what he taught. Jesus shows the clearest face of the ideal human, what all humans are destined to become. Participants will be invited into dialogue with Jesus based on questions posed in the gospels.

#7 – Who Is Your God & What Difference Does That Make?

What can we know about God anyway? Is the God of the Old Testament different from the God of the New Testament? Christian traditions seek to understand the nature of God and the mystery of the Trinity. Participants will reflect upon how belief in the Trinity might change human interactions and examine images of God through the centuries. Through program activities, participants explore the often-unconscious effects of various God-images on how they navigate their lives.

#8 – Additional Helps for Spirituality

The treasury that is “Christian Tradition” offers guidance for our spiritual journey. This includes faith communities, spiritual directors or guides, service opportunities, and a morality based more on the Beatitudes than the 10 Commandments. Participants will share the blessings and challenges of belonging to a faith community along with their personal experiences of trying to live Christian morality publicly with or without the support of others.

Everyday Sacred: Engaging Spirituality through Scripture and the Christian Tradition