Presentation for
Christian Church (Disciples of Christ)
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# LISTENING FOR GOD'S VOICE

*A Short Introduction to Spiritual Direction and Lectio Divina*

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# SPIRITUAL DIRECTION

## What it is not

- Mentoring
- Phychological or Pastoral Counseling
- Just about prayer
- Discipleship
- One-Time Trip to the ER

| Relationship | Agenda Set By | Process | Role of the Helper | Frequency of Meeting | Goal of the Learner |
|---|---|---|---|---|---|
| *Phychological or Pastoral Counseling* | *Counselee* | *Problem solving, crisis management, trauma, relational issues* | *Facilitator* | *As needed basis* | *To be healthy* |
| *Discipleship* | *Discipler* | *Instruction* | *Transmitter* | *On going relationship* | *Learning, incorporation, to become like the teacher/discipler* |
| *Mentoring* | *Both often influenced by work or educational goals* | *Develpment* | *Coach* | *Once or ongoing relationship* | *Improvement and growth, meet expectations of external influence* |
| *Spiritual Direction* | *Revealed by the Holy Spirit* | *Noticing, paying attention, praying* | *Pray-er, listener* | *Monthly* | *Imago dei, to notice God's presence* |

**adapted from Jeanette Bakke's Holy Invitations**

# SPIRITUAL DIRECTION

## *Definitions*

One person (the director) prayerfully supports and encourages another person (the directee) to attend and respond to God
-Sue Pickering

Help given by one Christian to another which enable that person to pay attention to God's personal communication to him or her to respond to this personally communicating God, to grow in intimacy with his {her} God, and to live out the consequences of the relationship.
-William Barry and Willian Connolly

A midwife, waiting with directee, accompanyng them through their labor pains and finally helping to bring their new identity in God to birth.
-Margeret Guenther

# SPIRITUAL DIRECTION

## Trust
That God/Holy Spirit is present even in the unknowing

## Community
God does not intend for us to journey alone

## Patience
Remaining faithful pa

## Vulnerablity
Maintaining a posture of openess, accept yourself fully

## Honesty
Be willing to share your joys, challenges, and doubts

## Grace
God’s unconditional love leading to deeper relationship and transformation

# Contemplative Prayer

# How do you define prayer?

# CONTEMPLATIVE PRAYER

Fr. Richard Rohr

Rohr suggested that the word prayer, has too often been reduced to a functional problem solving thing. Prayer has been used to make announcements to God and to tell God what you need. Rohr suggests that prayer can become transactional

# CONTEMPLATIVE PRAYER

Fr. Richard Rohr

Rohr believes, saying prayers is living in constant unitive union with God and everything around you. Meaning everything you do is prayer.

*Rejoice always, pray without ceasing,*
*give thanks in all circumstances,*
*for this is the will of God in Christ Jesus for you.*
*1 Thessalonians 5:16-18*

What does it mean to pray without ceasing?

# BE STILL

Be still and know that I am God
Be still and know that I am
Be still and know
Be still
Be

*Psalm 46:10*

# BE STILL

- Being still is not merely about physical inactivity
- Being still is a practice that allows us to quiet our minds
- Being still allows us to connect withour innerselves and with God.
- In the stillness we can:
  - Reflect
  - Recharge
  - Gain Clarity

# BE STILL

Mystic and theologian Howard Thurman (1899–1981) writes of the contemplative practice of making time to “center down”:

“How good it is to center down! To sit quietly and see one’s self pass by!”

# CONTEMPLATIVE PRAYER

## Journeying with God

Prayer is not primarily saying words or thinking thoughts. It is, rather, a stance. It's a way of living in the Presence, living in awareness of the Presence, and even enjoying the Presence. The full contemplative is not just aware of the Presence, but trusts, allows and delights in it.

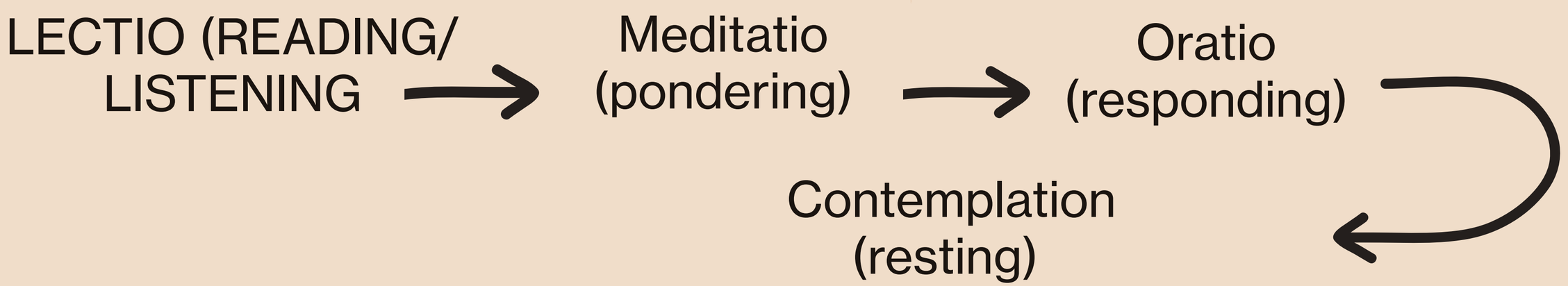
# UNKNOWING

## Embracing the Unknown

Rilke's Letters to a Young Poet: "I want to beg you as much as I can... to be patient towards all that is unresolved in your heart and to try to love the questions themselves...Do not now seek answers which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then gradually, with out notcing it, live along some distant day into the answer."

# LECTIO DIVINA

*“Divine Reading”*



# LECTIO DIVINA

*“Divine Reading”*



Meditatio
(pondering)




Oratio
(responding)



Contemplation
(resting)

# Group Covenant

# Psalm 139: 1-12; 23-24

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me — front and back. You put your hand on me. That kind of knowledge is too much for me; it's so high above me that I can't reach it. Where could I go to get away from your spirit? Where could I go to escape your presence? If I went up to heaven, you would be there. If I went down to the grave, you would be there too! If I could fly on the wings of dawn, stopping to rest only on the far side of the ocean — even there your hand would guide me; even there your strong hand would hold me tight! If I said, "The darkness will definitely hide me; the light will become night around me," even then the darkness isn't too dark for you! Nighttime would shine bright as day, because darkness is the same as light to you! Examine me, God! Look at my heart! Put me to the test! Know my anxious thoughts! Look to see if there is any idolatrous way[f] in me, then lead me on the eternal path!