

DAUGHTERS OF THE KING

SPRING ASSEMBLY

APRIL 28, 2007

TALK ON SPIRITUAL DIRECTION

Mary W. Thompson

I. A Brief Overview of Spiritual Direction:

The following are the perspectives of Spiritual Direction in the Covenanted Relationship with God:

- A. The Sacramental Perspective: Are you in right relationship with God? Here we find Comfort and Assurance; as a result of Sacramental Confession.
- B. The Biblical Perspective: Are you in right relationship to God's Word? Which informs all of our Spirituality toward a deeper relationship with His Word. The Story is revealed to us; as each one of us has a part in God's Story in Prayerful Listening to Jesus.
- C. The Pastoral Perspective: Are you in right relationship with God's Word of Being "One"? Pastoral care is something all do in all our Churches. Here we must do some detective work, by looking for patterns. We must overcome the barriers where there are obstacles to our receiving His Grace. Know that God loves us. We must hunt for deeper meaning in our Christian Walk; engaging God; being guided by Jesus as the Way; and learning thru the Holy Spirit as the Teacher.

II. What is Spiritual Direction?: The direction of our Pilgrimage of Spiritual Maturity is in studying the Whole Measure to Christ thru a New Spiritual Life of Walking with the Director as a Directee. The Director does the following: 1. Prays- with the Directee; 2. Listens - to the Directee doing an exercise in Holy Listening and exploring him/herself in relation to God. This is a gift. Our Order attempts to do this; 3. Asks - the Directee useful gentle probing questions (see enclosed example); and 4. Helps - the Directee to discern God in his/her life,

III. Five Gifts of the Work of Direction:

As we follow the guides offered to us in books, Mary read the Scriptures to us.

- A. Rule of Life - Ephesians 5:15-16: DOKs have a Rule Of Life that God is Personal, and Spiritual Guides are a helpful tool as a reminder of where to redeem and to encourage us. (See enclosed example).
- B. Lectio Divina - Luke 10:26: Reading the Bible should be a thoughtful reading in dialogue with God. Ponder these passages. Read them three times in: 1. Personal; 2. Participital; and 3. Divine ways - then put them all back into context.
- C. Meditatio - Joshua 1: 8: Meditate on God's Word as a World entering our: 1. Imagination; 2. Rumination; and 3. Revelation. Meditate no longer as an observer, but put yourself into the story, and journalize your thoughts as you meditate.
- D. Contemplatio - Psalm 46:10: You are before God: 1. Silently listening; 2. Waiting on God's Word; and 3. Clearing your thoughts. The Spirit is in your hearts. Empty yourselves of the World, and begin living with you read.
- E. Oratio - 1 Thessalonians 5:17: Prayer is the Center of it all. We celebrate the DOK in response to God:
 - 1. Getting closer to God; 2. Getting to know Him better; and 3. Getting to know that it is He on Whom we can solely depend for ourselves and others. God is always listening to us. WE are to be fully committed to Him, and drawn closer to Christ thru our thinking and our praying.

At 12:30 p.m. Mary concluded her Talk with handouts on the table (See enclosed). Then we ate a delicious lunch served to us by the kitchen staff of St. Stephen's.

At 1:30 p.m. The Assembly ended

Questions for Spiritual Direction

Where is God in this event in your life?

Where do you see the Holy Spirit moving?

What tools do you use to nurture your life in Christ?

What spiritual reading are you doing?

What is the quality of your times of silence (contemplation) before the Lord?

What shape does your prayer life normally take?

What has the Lord been teaching you from His Word recently?

What are some of your favorite Biblical passages?

Where are you closest to God? What gets you there?

What in your life brings you energy? Is this part of your calling?

What do you feel called to be before the Lord?

What in your life drains you/depletes you? Is this pulling you away from your calling?

What are you thankful for right now?

How can I be praying for you?

What do you want Christ to do for you?

Core Faith Experience Worksheet

1. Get in touch with a time (event, period, or continuing sense) when you experienced a special presence of God in your life.

Recall some concrete details of the occasion (when, where, with whom, etc.).

What was it like for you? How did it feel?

Does the remembrance (with the feeling) come back to you from time to time?

Has the experience made a difference in your life since that time (e.g. change of heart, of attitude, of your way of thinking, of behavior, of way of seeing or perceiving)?

Can you savor the experience now?

2. Can you recall a Scriptural passage that speaks to you about that experience?

If not, try one of the following:

Exodus 19:16-25 – God speaks to Moses
1 Kings 19:9-18 – The Lord appears to Elijah
Jeremiah 1:4-10; 15:10-11 – Jeremiah's call

Luke 1:26-38 – The Annunciation
Acts 9: 1-18 – Saul on the road to
Damascus
2 Corinthians 12:1-10 – John is
caught up to the third heaven

3. Turn your attention to a present situation of discernment for you at this time.

Tell God what you are thinking, feeling, wondering about the situation.

Listen for God's response. Take some time for this.

How do you feel about God's response (or lack thereof?)

Tell God that, too.

RULE OF LIFE

I. The Christian Community

Participation in the Liturgy:

Sacramental Reconciliation:

Participation in activities concerned with the Spiritual Life, e.g. retreats, quiet days, study programs:

II. The Life of Personal Prayer

Patterns of Meditation and Contemplation:

The Use of Scripture:

The Use of Other Images (e.g. nature, art, dreams):

Times of Solitude:

III. Spiritual Direction

A Director? A Plan for Time Together:

Directees? A Plan for Time Together:

A Companion/Friend? A Plan for Time Together:

IV. The Care of Self

Personal Health: diet, medication, exercise, rest and sleep:

Friendship and Intimacy:

The Use of Leisure:

Other Ways I care for myself:

V. Ministry in the Church

The Focus of my Ministry in the World:

My Social and Political Concerns and Commitments:

The Use of my Resources -- my money and my talents:

The Focus of my Ministry in the Church:

'Rule of Life' Chart

	PERSONAL	GROUP	CORPORATE	FAMILY	OFFICE	LIFE
Daily						
Weekly						
Monthly						
Annually						

An Example

	PERSONAL	GROUP	CORPORATE	FAMILY	OFFICE	LIFE
Daily	15 minutes' meditative private prayer			Grace, Prayers with Children	Say Morning Prayer Mon-Fri	
Weekly	Half an hour's Bible study on Saturday	House Group	Holy Communion Church am, pm on Sunday	Pray with wife each Sunday evening		Visit person in need. Sunday afternoon—Relaxation
Monthly	Give 10% to church and other Christian work at beginning of each month	Healing Prayer Group				Work for Christian Aid
Annually	3 days' Retreat, Abstinence and Review during Lent					

Suggested Reading in Spiritual Direction

- Andrew, Brother. Prayer Works. Grand Rapids: Chosen Books, 2006.
- Calhoun, Adele Ahlberg. Spiritual Disciplines Handbook. Downers Grove, Illinois: InterVarsity Press, 2005.
- Casey, Michael. Sacred Reading, The Ancient Art of Lectio Divina. Ligouri, Missouri: Ligouri Publications, 1996.
- Dawn, Marva. Keeping the Sabbath Wholly, Resting, Ceasing, Embracing, Feasting. Grand Rapids: William B. Eerdmans, 1989.
- Demarest, Bruce. Soul Guide, Following Jesus as Spiritual Director. Colorado Springs, CO: NavPress, 2003.
- Farnham, Susan G. Listening Hearts, Discerning Call in Community. Harrisburg: Morehouse Publishing, 1991.
- Foster, Richard J. and James Bryan Smith, eds. Devotional Classics. San Francisco: Harper Collins, 1990.
- Gratton, Carolyn. The Art of Spiritual Guidance. New York: Crossroad Publishing, 1992.
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- Green, Thomas H. Weeds Among the Wheat, Discernment: Where Prayer and Action Meet. Notre Dame: Ave Maria Press, 1984.
- Guenther, Margaret. Holy Listening. Cambridge: Cowley Publications, 1992.
- Guenther, Margaret. At Home in the World; A Rule of Life for the Rest of Us. New York: Seabury, 2006.
- Heald, Cynthia. Anything written by her: Abiding in Christ, and all of her study guides: Becoming a Woman of Freedom; Becoming a Woman of Purpose; Becoming a Woman of Prayer; Intimacy with God. All published by Navpress.
- Klug, Ron. How to Keep a Spiritual Journal. Minneapolis: Augsburg Press, 2002.

- Koch, Carl. J. Journalkeeping...Exploring a Great Spiritual Practice. Notre Dame: Sorin Books, 2003.
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- Peterson, Eugene. Eat This Book; A Conversation in the Art of Spiritual Reading. Grand Rapids: William B. Eerdmans Publishing, 2006.
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- Rohr, Richard. Everything Belongs: The Gift of Contemplative Prayer. New York: Crossroad Publishing, 1999.
- Smith, James Bryan, and Lynda Graybeal eds. A Spiritual Formation Workbook. San Francisco: Harper Collins, 1991.
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- Weaver, Joanna. Having a Mary Heart in a Martha World. Colorado Springs, CO: WaterBrook Press, 2000.