

Spiritual Direction Workshop

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Where the Sacred Meets the Profane

Outline for Rule of Life & Spiritual Direction

Not a burden or obligation

Your personal yardstick for walking closer with
Jesus

Spiritual Life Priorities

- If you don't set them...
- Someone else will!

Spiritual Life Agenda

- Set your agenda that includes time for God:
 - Daily
 - Weekly
 - Monthly
 - Annually

Spiritual Life Plan & Action

- What's your plan to develop a deeper spiritual life?
 - Regular church attendance
 - Regular prayer
 - Attending small groups
- Write down your Spiritual Life Plan:
 - On paper
 - In your calendar
 - Be honest and practical

Prayer & Your Spiritual Life

- God hears our prayers and answers them
- Make a plan for regular daily prayers

Write It Down & Commit

- I will pray before I go to bed
- I will pray when I wake up
- I will pray on my way to and from work
- I will pray before each meal (including in public)

Spiritual Life & Confession

- Make a daily plan for the confession of your sins
- Gently give to God those burdens of your heart and mind with your regret
- Things you have done that have hurt your love for God
- Those things you have left undone that you should have done
- Once you have given them to God, let them go!

Spiritual Life & Literature

- The Bible: Begin with the gospels
- Commit to a one year reading of the Old & New Testaments
- Join a bible study in your church, community, online
- Create a plan and commit

Spiritual Literature

- Find an area of Christian literature you are called to follow and read all about it
- Reunion groups and your spiritual director can offer specific literature

Spiritual Life And The Giving Of Time, Talent & Money

- Giving to work of Jesus that which is important to you-
Money
- Commit to the ministry of your parish with an annual
pledge
- Ask: “How does my financial gift to the church reflect my
love of Jesus?”
- Give accordingly: No excuses

Spiritual Life & Sharing My Faith

- How do I share my faith & when do I do it?
- How do I share the love I have for Jesus with:
 - My family
 - My parish
 - My friends
 - And strangers
- My actions speak louder than my words!

Spiritual Life & Spiritual Care

- How do I nurture my spiritual life?
- My body, mind and spirit

Create A Personal Rule of Life

- Regular worship
- Morning & Evening Prayer/Compline (BCP)
- Meditation & Prayer
- Centering Prayer
- Anglican Prayer Beads

The Mind

(Study)

- Holy Scripture
- Spiritual books and journals
- The Book of Common Prayer
- The Chosen Series

The Body

- Regular exercise
- Good hygiene
- Rest
- What we eat & what we drink

Spiritual Life & Community Gathering With the Faithful

- Weekly prayer breakfast or lunch
- Morning & Evening Prayer
- Reunion Groups (The Pilgrim's Guide)
- Ultreyas
- Online prayer groups
- Daughters of the King
- Brotherhood of St. Andrew

Home-Circle Groups

- Developing trust & friendship
- Sharing openly your joys, fears, and burdens

Spiritual Guidance

- Spiritual Director (ordained or lay person)
- Someone to share your path in life
- Confession of sin with a priest

Spiritual Life & Loving God

- Every Baptized Person Is A Minister of the Gospel
 - Be the Best that You Can Be As A:
 - Spouse
 - Father
 - Mother
 - Son
 - Daughter
 - At your job
- Be a willing worker in your church and community

What Is God Next Calling You To Accomplish For the Kingdom?

- What Is Your Next Christian Action?