



**Wherever you are on your spiritual journey  
you have a place at Epiphany**

# Living the Spiritual Life

To imagine we have no spirit, and thus no spiritual life,  
is to live only half of a life;  
and that half is the temporal life,  
and where it ends so too does your life and my life...  
the promise of the spiritual life  
is the continuation of our life in God.

The promise of attending to the spiritual life –

**JOY**

The cost of not attending to the spiritual life–

**DISQUIETUDE**

## SPIRITUAL FORMATION GOAL

- A) To act like Jesus when you are not thinking about how you are acting
- B) Highest unifying principle is to be in relationship with God
- C) To generate the fruits of the Spirit (Eph 5:22) -  
love, joy, peace, patience, kindness, generosity,  
faithfulness, gentleness and self-control
- D) Continually express cardinal virtues -  
courage, temperance, prudence, justice

The Spiritual life connects us to real things... Maslow's Hierarchy of Need:

- ✧ Breathing - PRAYER
- ✧ Safety & Security (practical & existential)- WORSHIP
- ✧ Cycles of creation – LITURGICAL CALENDAR
- ✧ Sleeping and Sex - SABBATH
- ✧ Eating & Drinking - FASTING
- ✧ Shelter & Clothing - TITHING

As we are grounded to real things in this life,  
we are moved to prepare for real things in eternal life.

To be disconnected is to be de

“If there is a God,  
and God is God,  
then isn't attending to God  
the most supremely reasonable

Attending to the spiritual life is a  
NEED TO HAVE  
not a NICE TO HAVE

## CONTEMPLATIVE TRADITION

Responding to a loud,  
obnoxious world.

Julian of Norwich

Henri Nouwen

Action – Time with God

+ Contemplation designed to make space...  
our souls are as vast as creation.

## the WHY'S

1. To better know the nature of God.
  - Revealed in Jesus
    - Loving
    - Giving
    - Forgiving
  - His actions show us how to respond
  - To know the Trinity
2. To better know the patterns of creation.
3. To better understand the nature of love.
4. To better understand the self
  - Expose idolatry
  - Reveal sinful habits
  - Gain dominion over tyranny of self.

### Thomas a Kempis

**“The more a person is at one  
with themselves,  
the more that person understands  
all things,  
and more so if that understanding  
is back lit  
by the brightness of Christ.”**

# & the HOW'S

Do what Jesus did

## Contemplative Exercises

1. Prayer
2. Silence
3. Devotional reading
4. Hesychasm – repeating prayer
5. Written prayers

+ Modify to suit who you are.

+ Can't do contemplation wrong, if you keep the emphasis on God, and not the method.

It is not about how

you are doing the exercises;

It is about

why you are doing the exercises.



Mediation has no point unless it is firmly rooted in life.

Thomas Merton



We have been taught a false good life... The good life only is the life lived in the goodness of God.

Julian of Norwich



Make a time and place for God. Put God on your calendar.

Henri Nouwen



Be specific and ordered in your prayer.

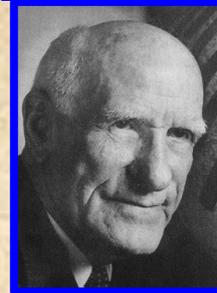
George A. Buttick

Evelyn Underhill



Thinking about God gets you to the foot of the mountain  
Then Feeling  
Then Acting – pressing your *will* toward God

Frank Laubach



Let God be your leader

Martin Luther



Always expect God to answer your prayers... And God always does.