Spiritual Formation
A Disciple’s Guide
by Glandion Carney

This book is dedicated to all those who are searching for a spiritual center in their lives.

www.glandioncarney.com
Preface

Whether we’re aware of it or no, our lives are shaped by what we value and treasure, by what “centers” our existence. Many of us have such a strong need for acceptance that relationships become the center of our lives. Others center their lives on material things, careers, physical fitness, intellectual pursuits, or some form of entertainment.

None of these are wrong in themselves – but when we allow them to shape our lives, we ultimately feel that something is missing. We pride ourselves on making our own choices, on being in control. But we still fell incomplete.

That feeling leads us to begin our search for a purpose-driven life. And at the very heart of that search are some deep spiritual questions: What will bring meaning and purpose in my life? What am I searching for? What will bring my joy? How do I live my life, and what will my life look like in the end.

We all have these questions – Christians and non-Christians alike. They are an essential part of what it means to be human. And they are in us by design. They are the seeds God planted in us so that one day we would awaken to his reality.

Our own insatiable need to control our choices can keep us from seeing God’s purpose. But by grace, God has designed a perfect center for our lives. God desires that we allow ourselves to be shaped and transformed – that Jesus Christ become the center of our lives. Jesus is not just another thing. He is not another replacement of a hockey or football team, a career or a relationship. He is someone who comes and lives within us. He shapes us according to his values. He leads us through a process of transformation.

This process of being conformed to the likeness of Jesus Christ is called “spiritual formation.” It’s a process that involves a lifelong journey for all those who accept Christ and his way. Being conformed means that we are shaped. We change from being the person who shapes to the person who is being shaped by God. Likeness to Christ is the objective. Spiritual formation challenges us when we are unlike Christ and directs us toward his likeness.

Jesus said, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me” (Rev 3:20)

The knock on the door of our hearts reflects Jesus’ desire to come into our lives – his desire to bring about deep changes at the center of our lives. That knocking is an opportunity to participate in the process of spiritual formation. If we respond and open the door to our hearts, then transformation begins. But if the door remains closed, there can be no transformation.

I encourage you to feel Christ’s knock, to hear his voice saying, “I desire to come in and be with you…the rest of your life.” Open your heart, open your life, and let him in – let yourself be conformed to the likeness of Christ.

The grace of the Lord Jesus Christ be with you.
Introduction

This booklet provides a simple guide for engaging in spiritual formation, whether you are just beginning the process or are already on the way. It will begin by leading you through a self-assessment to discover where you are on your spiritual journey. Then it will introduce you to the spiritual disciplines. And finally, it will provide reflective and prayerful exercises designed to help you discover your own unique path.

The guide offers several tools to help you on your journey. They include a plan for personalized retreats, methods of reading the Bible and journaling, and resources for further reading on spiritual formation.

Spiritual formation is like dropping a pebble into a pond and watching the ripples expand. As spiritual truths drop into our lives, our hearts are expanded. You are invited to participate, to allow your heart to expand, and to use this guide along the way.

Reflections on My Journey

Please read through the following questions. Take some time to reflect on them, and then summarize your reflections in writing. If a question is not relevant or does not apply to your situation, leave it blank and go on to the next question.

Do I know my life’s purpose? Describe.

Do I know Jesus Christ as my personal Savior? Am I seeking to deepen my personal relationship with Jesus Christ? Describe.

Am I willing to have my life conform to Jesus Christ? And is so, how?

How comfortable am I sharing my faith with others? Describe.
Have I seen ways in which my life has been changed by Jesus Christ in the last year? Have I done anything in the last year as a result of my relationship with Jesus Christ that shocked me because I couldn’t have imagined myself doing that?

Do I show Christ-like love and kindness to others? Describe.

How much am I willing to invest in spiritual formation?
Spiritual Disciplines

This self assessment on spiritual disciplines is designed to reflect your current attitudes about the various disciplines. Some of these attitudes might change as you work through this guide for the first time. However, it’s important that you perform this self-assessment before you proceed with the rest of the guide.

Reflect on each of the following spiritual disciplines. Some of these may be familiar to you, others may not. Some may excite you (those you have enjoyed in the past or anticipate enjoying in the future), while others may cause concern (those you found to be difficult or never viewed as beneficial). Please mark the column that reflects your first reaction to each discipline.

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The Spiritual Disciplines

Spiritual disciplines are practices associated with spiritual formation. The Bible encourages the practice of spiritual disciplines. Through the spiritual disciplines, we cooperate with the Holy Spirit in the work of conforming our lives into the likeness of Christ.

We begin by asking Christ into our lives. We also open ourselves to practicing the disciplines with hearts that are receptive to the Holy Spirit. Through the spiritual disciplines, the Holy Spirit transforms our lives.

As we begin our study of the spiritual disciplines, it is important that we be clear about our purpose for giving them so much attention. Paul’s instruction to Timothy, “Train yourself to be godly” (1 Tim. 4:7), is the central focus of this study. That’s our purpose for practicing the spiritual disciplines – training ourselves to be godly. In and of themselves, the disciplines are futile. Without being connected to a purpose, they can lead to a kind of “checklist Christianity” where we simply work through a list of things to do.
We will take a closer look at the spiritual disciplines in three areas: Inward Disciplines, Outward Disciplines, and Corporate Disciplines.

**Inwards Disciplines**

These are the disciplines by which we enter the “interior life.” In the interior life, our attention is given to perceiving and recognizing the movements of God and our own soul.

*Mediation*

Meditation is a process of reflecting, thinking, listening, imagining - in essence, filling our mind with God. It is a process by which we draw close to God through a time of quiet thought. “It is not a psychological trick but a theological grace” (Thomas Merton).

*Prayer*

Prayer is a response to God’s invitation to dialogue with him. It is a two-way dialogue that involves listening and speaking.

*Fasting*

Fasting is the giving up of a meal or a series of meals in order to appreciate our dependence upon God.

*Study*

Study is giving attention to a body of material with the intent of continually growing in our understanding of God’s truth. “Anyone who is after a little word from God for today is not interested in the discipline of study” (Richard Foster).

**Outward Disciplines**

These disciplines consider our relations to things – people, circumstances, or material objects – outside of ourselves and the ways we interact with them.

*Simplicity*

Simplicity is living according to a set of values that reduce our dependency upon the world and increase our dependency upon God.

*Solitude*

Solitude is a condition of the heart and mind where we are inwardly separated from the activities of the world. It is to be open to the blessing of inner quietness. “Find rest, O my soul, in God alone” (PS. 62:5).

*Submission*

Submission is surrendering the control of our life to the lordship of Jesus Christ. It is placing ourselves as a servant to all others.

*Service*

Service is devoting our gifts and talents to fulfilling the aims of God’s kingdom.

**Corporate Discipline**
In the corporate disciplines we participate with other people in certain activities of the purpose of our individual and corporate growth.

Confession
Confession is admitting before God, as individuals and as a community, our inability to meet God’s expectation. “The confession of evil works is the first beginning of good works” (Saint Augustine).

Worship
Worship is a response to the invitation to commune with God – body, mind, and spirit.

Guidance
Guidance is allowing our life to be directed by the Holy Spirit through various resources. These may include Bible study, preaching, spiritual direction, and the counsel of others.

Celebration
Celebration is the opening of our lives to spontaneous joy.
You are on a journey, and God has been with you all along the way. Through your life experiences you have leaned some things about yourself. Questions come to you, sometimes crying out loud and sometimes whispering – What is the purpose of my life? What am I doing here? Questions like these can only be answered through prayer, discernment, and spiritual direction.

As you struggle with such questions and move along toward your goal of being conformed to the likeness of Jesus Christ, this guide will provide a process for your journey. You can use the process to initiate a journey, to help you get back on the path, or to support you along the way. It begins with three movements: to affirm that Jesus is with you; to assess where you are; to ask Jesus for direction. These movements are fluid – neither stagnant nor fixed to a specific time. Eventually they should become a constant in your life because they will be fundamental to your journey.

When you begin with the first movement, we suggest you remain with it until you are guided by the Spirit to move on. The same is true of the second and third movements.

The First Movement:
To Affirm That Jesus Is with You

This is the process of opening your heart and finding the presence of Jesus. Choose one of the following exercised: Reflections on a Text; Reflections on an Image; or Reflections on Creation.
Reflections on a Text

Reflect on the following text. Read slowly and take deep breaths between passages. Allow this text to lead you to know that Jesus has been with you from birth.

O LORD, you have searched me and you know me.
You know when I sit and when I rise: you perceive my thoughts from afar.
You discern my going out and my lying down; you are familiar with all my ways.
Before a word in on my tongue you know it completely; O LORD.

You hem me in – behind and before; you have laid your hand upon me.
Such knowledge it too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit? Where can I flee from your presence;
If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
If I rise on the wings of the dawn, if I settle on the far side of the sea,
Even there your hand will guide, your right hand will hold me fast.

If I say, “Surely the darkness will hide me and the light become night around me,“
Even the darkness will no be dark to you;
The night will shine like the day, for darkness is as light to you.

For you created my inmost being; you knit me together in my mother’s womb.
I praise you because I am fearfully and wonderfully made;
Your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place.
When I was woven together in the depths of the earth, your eyes saw my unformed body.
All the days ordained for me were written in your book before one of them came to be.

How precious to me are your thoughts, O God! How vast is the sum of them!
Were I to count them, they would outnumber the grains of sand.
When I awake, I am still with you.

Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:1-18, 23-24
Reflections on an Image

Reflect on the following scene. Think it over slowly, and take deep breaths between images. Allow this image to lead you to know that Jesus has been with you throughout your life.

You’re walking through a redwood forest. It’s morning, and there is still mist in the air. You hear the melody of songbirds. You come across a clearing that overlooks a beautiful meadow. The sun warms your back. You turn back into the words. Then you notice a redwood stump. You walk up to it and see the rings. You touch them. Some are widely spaced; others are arranged tightly. You think about how the years of your life are like the rings of the tree – forming a history. The tree relied on the energy of the sun above it, the moisture of the rain around it, the richness of the soil beneath it. It was well cared for.
Reflections on Creation

Plan a walk along a nature trail in the woods, at a park, or along a lake. Notice the season. Remember the rhythm of the seasons and how these surroundings look at other times of the year. Be mindful of the environment and the Creator behind it. Think about how your life has gone through seasons and how you have been sustained.

Walk slowly and take deep breaths. Allow the images of the seasons to lead you to know that Jesus has been with you along your journey.

The Second Movement:
To Assess Where You Are

Begin by reading the following story:

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked with them; but they were kept from recognizing him.

He asked them, “What are you discussing together as you walk along?”

They stood still, their faces downcast. One of them, named Cleopas, asked him, “Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?”

“What things?” he asked.

“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but him they did not see.”

He said to them, “How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?” And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus acted as if he were going further. But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.

When he was at the table with them, he took bread, gave thanks, broke it, and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”
They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled togeth-er and saying, “It is true!” The Lord has risen and has appeared to Simon.” Then the two told what had hap-pened on the way, and how Jesus was recognized by them when he broke the bread.


Simply put, this story is about Jesus helping two people discover where they are and helping them find their way. Reflect on the emotions and attitudes of these two people walking along the way to Emmaus. Reflect on the road and direction they’re going and then on their new destination.

Invite Jesus to spend some time with you. Ask him to help you discover where you are and to help you find your way. Reflect on the self-assessment you completed earlier in this guide. Write down some of your thoughts.

**The Third Movement:**

*To Ask Jesus for Direction*

We find direction here by moving through several prayers. It may take less than an hour, or it may take days for you to discern an answer.

Take some time to reflect on each prayer topic. Read over the suggested prayer; then, if you would like, write out your own simple conversational prayer.

**Prayer – to be conformed to the likeness of Christ**

Dear Jesus, I thank you for having been with me over the course of my life and that today I am alive to your presence. I ask you at this time to direct me on my spiritual journey.

Please send the Holy Spirit to lead me in truth as I begin to go deeper in the area of spiritual formation. My heart’s desire is to be conformed to your likeness. I am red, Lord. Amen.

**Prayer – to be open to the teaching and guidance of the Holy Spirit**

Dear Jesus, open my heart and my mind to your wisdom. Send your Holy Spirit down on me, and show me your way. Teach me the way of faith. Teach me the way of hope. Teach me the way of love. Guide me daily in my walk through the difficult life. Never let my heart be hardened to the Holy Spirit. Keep me ever open.

Amen.

**Prayer – for the selection of disciplines and direction so that my life may be conformed to the likeness of Christ**

Dear Jesus, you’re my model in the area of spiritual formation. I see throughout your life that you engaged in the disciplines. Because I want to grow in likeness to you, I now submit my life to you and ask you to guide me in the selection of spiritual disciplines. Let them enter deep into my heart so that I will forever experience your transforming grace. Amen.
If you have felt the Holy Spirit directing you toward a spiritual discipline, remember that discipline is a means to move you toward begin conformed to the likeness of Jesus Christ. It is also important to understand the discipline before you begin to practice it. The following are recommended studies for each discipline.

**Meditation**
*Catch Your Breath*, Don Postema
*Celebration of Discipline*, Richard Foster (p. 17)
*Disciplines for the Inner Life*, bob Benson, St., and Michael W. Benson (chap. 13)
*Meditation of the Heart*, Howard Thurman (pp. 150-167)
*The Silent Life*, Thomas Merton (chapt. 1)
*Space for God*, Don Postema

**Prayer**
*Disciplines for the Inner Life*, Bob Benson, Sr. and Michael W. Benson (Section Three)
*More Than Words: Prayer as a Way of Life*, Leonard J. Vander Zee
*Patterns for Prayer*
*Prayer*, Jean Danie’lou (chap. 9)
*Prayer: Finding the Heart’s True Home*, Richard Foster
*The Praying Church Sourcebook*
*Praying Our Goodbyes*, Joyce Rubb
*Space for God*, Don Postema

**Fasting**
*Celebration of Discipline*, Richard Foster (p. 47)
*Disciplines for the Inner Life*, Bob Benson, Sr. and Michael W. Benson (chap. 18)

**Study**
*Devotional Classics*, Richard Foster
Disciplines for the Inner Life, Bob Benson, Sr. and Michael W. Benson (chap. 15)
Finding Our Way to God, Harvey A. Stob
The Spirit of the Disciplines, Dallas Willard

Simplicity
Freedom of Simplicity, Richard Foster
Inner Simplicity, Elane St. James
Simplify Your Life, Elane St. James

Solitude
Catch Your Breath, Don Postema
Celebration of Discipline, Richard Foster (p. 96)
Space for God, Don Postema

Submission
Celebration of Discipline, Richard Foster (chap. 8)

Service
Celebration of Discipline, Richard Foster (chap. 9)
Disciplines for the Inner Life, Bob Benson, Sr. and Michael W. Benson (chap. 43)

Confession
Celebration of Discipline, Richard Foster (chap. 10)

Worship
Celebrating God’s Presence, Tom Schwanda
Celebration of Discipline, Richard Foster (chap. 11)

Guidance
Celebration of Discipline, Richard Foster (chap. 12)
Guiding the Faith Journey, Neil de Koning

Celebration
Celebration of Discipline, Richard Foster (chap. 13)
Personalized Retreat

A personalized retreat allows you to spend some time in reflection and prayer and gives you the opportunity to prioritize your spiritual goals. It is important to set aside a time at least once a year when you can be alone to work through personal issues, set challenging goals, and be reenergized. Retreats can also serve as an opportunity to engage in some of the disciplines and ultimately to discern more clearly the voice of Jesus.

Location

Places to make a day-long retreat include the following:

- Parks
- Monasteries
- Beaches
- Retreat centers
- Cathedrals

For an overnight retreat, consider the following:

- Campgrounds
- Bed-and-breakfasts
- Monasteries
- Hotels
- Retreat centers
- Parks

Tools

- Bible
- Journal
- Biography of a respected Christian leader
- Book of prayers

Schedules

**Day Retreat**

- 9:00 – 10:00: Walk and clear your mind
- 10:00 – Noon: Reflective reading
- Noon – 1:00: Lunch and walk, reflecting on the morning
- 1:00 – 2:00: Prayer and journaling
- 2:00 – 3:00: Resting/Napping
- 3:00 – 3:30: Set goals that come from prayer and resting
- 3:30 – 4:00: Enter goals into journal
- 4:00 – 4:15: Prepare to reenter your world

**Overnight Retreat**

Use the day retreat schedule for both days. In the evening take time to read a biography, write letters for people you have prayed for, take another walk, and let the evening be a time to dream and rest in the presence of God.
Journaling

Journaling is an excellent way to record your reflections, the progress of your spiritual journey, and the ways in which you see God working. A journal is not a diary. The latter is a record of your daily life, whereas a journal is a record of your spiritual reflections and experiences.

The best time to work in your journal is early in the morning or late in the evening. You will need to discover your own time. It is no necessary to journal every day, but it’s best to try to establish a rhythm to your journaling.

A journal can be source-driven (from prayers, biblical quotations, and the like) or it can be reflections on your own personal experience. Whichever kind you choose, we especially encourage you to keep a journal during significant times of spiritual growth.
Methods of Reading the Bible

When we shift from the mind-set of attaining knowledge to a desire of experiencing God’s presence, we find a great distinction in the way that we approach our time with the written Word of God open on our laps. It is an expression of our culture as disciples to desire to read more and study more. However, even then our goal is not merely knowing more, but knowing God.

Which words would you use to describe the way you read the Bible?

Read  Skim  Digest  Expound
Peruse  Interpret  Leaf Through  Study
Examine  Run References  Absorb  Discover
Learn  Understand  Unravel  Compare

Add your own descriptive words to the list.
Formational Reading

Formational reading is to read in a slow and reflective manner. The purpose is to hear the voice of God and to be mastered by it, rather than reading to master the text. It can be characterized by a lack of concern with the amount to be read and letting go of the mind-set of “getting through the book.” Rather than looking to see how many pages remain, you are comfortable going back and reading for depth.

There is a humble and loving demeanor that accompanies formational reading, a detachment from expectations to “hear” what you wish to hear. Rather there is a willingness to remain humble and receptive. The goal in formational reading is to have no goal or expectation of what you will take away.

The benefit and purpose here is depth instead of breadth. As we release the problem-solving mode, the mentality to get an answer to a specific question, we become more and more open to mystery and allow scripture to open us to a dialogue with God. We may find ourselves sitting with one verse, or even a phrase or a word, for a length of time until the Lord moves us on to another. We are content sitting with it, resting in that space on the page and in our heart. We are submissive to the Spirit and as clay in the potter’s hands.

I meditate on your precepts and consider your way. I delight in your decrees; I will not neglect your word, …for your law is my delight. I meditate on it all day long…How sweet are your words to my taste, sweeter than honey to my mouth…Your statutes are wonderful; therefore I obey them…Direct my footsteps according o your word…My eyes stay open through the watches of the night, that I may meditate on your promises.

(Psalm 119, selections)

Dallas Willard wrote; “As a disciple of Jesus I am with him by choice and by grace, learning from him how to live in the Kingdom of God…his life flowing through mine…I am learning from Jesus to live my life as he would live my life if he were I. I am not necessarily learning to do everything he did, but I am learning how to do every thing I do in the manner that he did all that he did.” (The Divine Conspiracy, p.283.)
We are conditioned to maintain control, to take charge of situations, to do the talking. Prayer means surrender and a readiness to return to a simpler state of openness and attentiveness to a God whose ‘still small voice’ we tend to drown with our restless noisiness. (Martin Smith)

Do you have a favorite Bible character that you identify with or feel connected to? How are the circumstances in their story similar to yours? Is there some emotion or memory it wakes within you? Perhaps the way God dealt with them is the way he is dealing with you. Take time to ponder these questions and write about it.

We each have inner needs, desires and feelings that are suppressed. Our goal in praying scripture is to bring these suppressed feelings to the surface where we can be honest with ourselves, and more importantly, honest with God about them. Reading about the struggles or victories of others can give us a voice. Through focusing on specific characters, Bible stories or a Psalm, we are able to become vulnerable with our deep need for God’s touch in our own situation.

When we do not know how to begin praying for ourselves Scripture can inform and lead us. Through experiencing how a certain character is touched, confronted, healed, invited, embraced, challenged…we are also engaged by God in the here and now.

The Lord of the dance summons us to the floor, and it takes time and discipline to learn the steps, to cease tripping over our own feet, and to experience the obedient freedom of following God’s lead. (Craig Dykstra)
Reading and reflecting on Scripture is an important part of spiritual formation. The Bible can be intimidating because of its size and scope: over a thousand pages, sixty-six different books, and many different authors and styles of writing. Because it is so easy to get discouraged, many different methods of reading the Bible have been developed. The following recommendations are taken from The Student Bible: New International Version.

Method: Introduction to the Bible  
Goal: Survey of Biblical Foundations  
Time Commitment: Eight Weeks in Two Week Blocks

### On Becoming A Christian

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### On the Life and Teachings of Paul

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### On the Life and Teachings of Jesus

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### On the Old Testament

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Jesus and his disciples, and later their disciples, highly valued the oracles, the very Word of God. They were committed to learning, living, teaching, praying, and even dying with the holy Scriptures on their lips. Ray Vander Laan, *In the Dust of the Rabbi* (pg. 169)

Because Jesus was deeply committed to the Scripture, we would expect his disciples to be as well…” Ray Vander Laan, *In the Dust of the Rabbi* (pg. 172)
Embracing Discipleship

Discipleship begins with belief, but that is only the beginning. A disciple obeys the Rabbi’s teaching. A Christian disciple not only believes Jesus is the Messiah but also is passionately devoted to doing what the Rabbi (Jesus) commands.
(Ray Vander Laan, In the Dust of the Rabbi, (Pg. 16))

Define discipleship. How do we embrace it?

To embrace discipleship is to companion with those who hunger in seeking clarity in becoming a disciple of Jesus Christ, in order to live intentionally in expanding the Kingdom of God. We are invited into this relationship. It requires us to be intentional and committed.

Repeatedly we see in Scripture Jesus going into retreat to talk to the Father. His first disciples followed him into places of solitude for the purposes of prayer, study, conversation and fellowship.

But the eleven disciples proceeded to Galilee, to the mountain which Jesus had designated. When they saw Him, they worshiped Him; but some were doubtful. And Jesus came up and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.” (Matthew 28:16-20, NASB)
Next Steps

In pursuit of the purpose of retreat, Glandion Carney Retreat Ministries seeks to propel these virtues:

1. Receiving each person as an embodiment of Christ.
   “Let every guest be received as Christ.” - Saint Benedict
   “The King will reply, ‘I tell you the truth, whatever you did for the least of these brothers of mine, you did for me.’” - Matthew 25:40

2. To be guided by the outworking of the fruit of the Spirit.
   “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” - Galatians 5:23

   “Carry each other’s burdens, and in this way you will fulfill the law of Christ.” - Galatians 6:2
   “… make my joy complete by being like-minded, having the same love, being one in spirit and purpose.” - Philippians 2:1-2

4. Praying from perspective. Being attentive to the Spirit and one another.
   “Usually prayer is a question of groaning rather than speaking, tears rather than words. For he sets our tears in his sight, and our groaning is not hidden from Him who made all things by His Word and does not ask for words of man.” - Augustine of Hippo
   “Devote yourselves to prayer, keeping alert in it with thanksgiving.” - Colossians 4:2

5. Understanding through study.
   “The human intellect has greater desire, and love, and pleasure, in knowing divine matters than it has in the perfect knowledge of the lowest things, even though it can grasp little concerning divine things. So, the ultimate end of man is to understand God, in some fashion.” - Aquinas
   “Study to show yourself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” - 2 Timothy 2:15

6. Peaceful pacing. The unhurried leisure that comes from knowing the Lord.
   “Let the peace of God rule in your hearts…” - Colossians 3:15

7. Deep listening. Listen with heart, body, mind and spirit.
   “And all the people would get up early in the morning to listen to him in the temple.” - Luke 20:38
   “Were not our hearts burning within us while he was talking to us… ?” - Luke 24:32

For more information on retreat dates and locations visit http://glandioncarney.com/
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*Freedom of Simplicity*. (Harper Collins)

*Prayer: Finding the Heart’s True Home*. (Harper Collins)


Groeschel, Benedict. *Spiritual Passages*. (Crossroad Books)

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