

LEARNING FROM JESUS

Seminar Introduction

Week 1 Oct 22

Introduction to Spiritual Formation

Spiritual Tools: Keeping God Before Your Mind
Psalm 16 and the Breastplate of St Patrick

Going Deeper: Read "Christ Centered Piety" from D Willard's "The Great Omission"

*"Come to me, all you who are weary and burdened, and I will give you rest.
Take my yoke upon you and learn from me, for I am gentle and humble in heart,
and you will find rest for your souls. For my yoke is easy and my burden is light."
Mt 11:28-30 (NIV)*

Why Do We Need A Seminar Like This?

What Is Spiritual Formation?

What Are Our Objectives?

What Kind Of Schedule Shall We Set Out?

What Kind Of Commitment Do We Ask?

Discussion: Answer In 10 Words Or Less...

Q. 1 Who are you?

Q. 2 Where is God?

Q. 3 What is the Message Jesus Brought To Us?

Q. 4 How Does Spiritual Formation Happen?

Spiritual Tools: Keeping God Before Your Mind

Memorize Psalm 16 and read frequently the Breastplate of St Patrick

Going Deeper: Read "Christ Centered Piety" from D Willard's "The Great Omission"

The Breastplate of St Patrick

I arise today

Through a mighty strength, the invocation of the Trinity,
Through the belief in the threeness,
Through confession of the oneness
Of the Creator of Creation.

I arise today

Through the strength of Christ's birth with his baptism,
Through the strength of his crucifixion with his burial,
Through the strength of his resurrection with his ascension,
Through the strength of his descent for the judgment of Doom.

I arise today

Through the strength of the love of Cherubim,
In obedience of angels,
In the service of archangels,
In hope of resurrection to meet with reward,
In prayers of patriarchs,
In predictions of prophets,
In preaching of apostles,
In faith of confessors,
In innocence of holy virgins,
In deeds of righteous men.

I arise today

Through the strength of heaven:
Light of sun,
Radiance of moon,
Splendor of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

I arise today
Through God's strength to pilot me:
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptations of vices,
From everyone who shall wish me ill,
Afar and anear,
Alone and in multitude.

I summon today all these powers between me and those evils,
Against every cruel merciless power that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul.

Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me abundance of reward.
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness,
Of the Creator of Creation.