



Spiritual Foundations – Personal Discipleship

BECOMING MORE AUTHENTIC

Module Two

Module Two – Learning Details

WHAT YOU ARE WORKING TO LEARN: The spiritual life is the shaping of our lives in relationship with Christ for the glory of God and the good of others....it encompasses all that we are and do. It is moving deeper into our hearts so that we live a more authentic life.

YOUR GOAL: Develop spiritual practice or rhythms called Spiritual Disciplines – the skills and techniques by which we begin to see the image of God in our heart (1 Timothy 4:7-8).

YOUR CRITICAL ACTIVITIES:

- **Vision of the Kingdom:** *Learning to live deeply connected to your identity as God's Beloved child.*
- **Intention of the Kingdom:** *Recognizing that being is more important than doing, the heart is more important than the mind, and doing things together is more important than doing things alone.*
- **Means of the Kingdom:** *Embracing and practicing the rhythms of Solitude (Meditation, Lectio Divina, and Lectio Visio) and Community(Listening, Affirming, Forgiving, Serving)*

The transition between retreats is to prepare you to integrate the materials and prepare you for the next Module.

Module Two – Interim Learning Rhythms

- **Book Discussion**
June 19th @ 6:30 pm – St. Mark
Spiritual Direction (Henri Nouwen)
Questions: What did you learn about yourself from this book? How will the learning assist you to mature emotionally and spiritually? How will you help others in the growth process?
- **Journaling** (At least two times per week) What you are noticing, learning, thinking, feeling, etc.
- **Coaching** (Two times per Module) See the document in Dropbox: "Coaching and Buddy Coaching 2011 02"
This also includes email interchanges and monthly check-ins
- **Buddy Coaching** (Three times over the next three months, please schedule) See the document in Dropbox: "Coaching and Buddy Coaching 2011 02" and follow the suggested guidelines
- **Blog:** www.TransformationalDiscipleship.org Subscribe to follow with updates of new postings and comment on the Posts.
- **Webinars** (8:00 – 9:00pm CST) Recorded for you to download
May 31st | June 28th | July 26th
Topics of Spiritual Formation, Living Authentically, Spiritual Rhythms: Solitude and Community.
- **Creating Space** (Creating regular rhythms) Prayer or Devotional Reflection

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At the next retreat we enter our next six month phase:

Personal Development – Maximizing Potential

Module Three Retreat – August 17-18

PURPOSE-CENTERED AND INNER-DIRECTED

We will explore the role of our purpose; developing a Personal Mission Statement and uncovering our values.