



# Practicing Christ

## *The Way of Jesus as Transformative Practice*

*Eight consecutive Monday evenings January 11-March 1, 2021, 6-7:30 PM*

*Free preview Thursday, November 12, 2020 6-7:30 PM*

Christian spiritual formation is a transformational process, deepening our relationship to God in Christ through practices of prayer and habits that can grow in us deeper love for God, others, and ourselves and sustain us in our actions. This pathway of formation, followed with intention, catalyzes step by step changes in the human brain and psyche which deepen our awareness of and response to the Spirit of God in our daily life. It can open us more deeply to the loving grace that draws us to walk the path of Christ's commandments, not for our sake only, but for the sake of others and the world itself.

This eight-session course will focus on 1) the impact of Jesus' moral, spiritual challenges on our psycho-spiritual development and human flourishing, 2) comparisons with current models of human development, and 3) the classical stages of prayer. Each session will feature a rooting in Scripture, presentation, discussion, worship and a variety of spiritual practices.

*Sponsored by the Diocesan Nourishing Spirituality Group and Interweave. Coordinated by **The Rev. Robert Corin Morris** and **The Rev. Anthony Puca**, this course will draw on the wisdom of others active in spiritual formation work, including **Cheryl Notari**, **The Rev. Lynn Weber**, and others.*

### Topics will include:

- Christianity as Transformative Practice, Prayer as "Connected Consciousness"
- Walking the Way of Jesus: Commandments or Growth Challenges?
- Experiencing the Holy: Qualities and Energies of God Active in Your Life
- "Inhabiting" Verbal Prayer: Conversation, Pondering, Reflection
- Affective Prayer: Shaping our Feelings and Intuitions
- Imagistic Prayer: Praying in Pictures and with Sacred Images
- Patterns of Prayer for Stillness and Focus: Developing a Contemplative Eye

### Interested?

Come to the **free preview on Thursday, Nov. 12, 6-7:30 PM**. The Zoom link for the preview will be sent to all subscribers to *The VOICE Online* on **Monday, Nov. 9**. (Subscribe to The VOICE Online at [dioceseofnewark.org/subscribe](http://dioceseofnewark.org/subscribe).)

**To sign up for the full course**, please email the Rev. Robert Morris at [rcvmorris41@gmail.com](mailto:rcvmorris41@gmail.com). Maximum of 30 participants. \$50 donation suggested.