



Uniting, Equipping and Encouraging the Body of Christ in New England

2015-2016 Pastoral Spiritual Formation Community Syllabus

One-Day Retreat: October 19

The Incarnational Life: Being Conformed to the Image of Christ for the Sake of Others

Topics:

- Writing your spiritual autobiography
- As the leader's spiritual life goes, so goes the church's spiritual life
- Understanding your true-self/false-self dichotomy
- What does transformation mean and how do we cooperate with God for our healing?
- How do you strengthen the soul of your leadership?
- Where do you most easily meet God?

Resources:

- *Spiritual Disciplines Handbook*; Adele Calhoun
- *Strengthening the Soul of Your Leadership*; Ruth Haley Barton

Two-Day Retreat: February 21-22

The Life of Presence: Participating in the Divine Nature

Topics:

- Body Spirituality – flesh and blood living
- Practice of paying attention (utilizing Genogram insights)
- Practicing the presence
- Engaging in the discipline of Sabbath

Resources:

- *Invitation to a Journey*; Robert Mulholland
- *The Rest of God*; Mark Buchanan

One-day Retreat: June 6

Life Abundant: Emotionally Healthy Spirituality

Topics:

- Spiritual Health Inventory
- Knowing God through self-knowledge and confession
- Understanding that your true-self/false-self dichotomy is an ongoing journey

Resources:

- *Emotionally Healthy Spirituality*; Peter Scazzero
- *Invitations from God: The Invitation to Participate in Your Own Healing*; Adele Calhoun