

United Church of the San Juans
April 13, 2020
Evan and Cheri Howard, facilitators

WISDOM and a Rule of Life handout

Review – Lectio Divina and Sacred Imagination

A WISDOM Approach to Spiritual Life

A Few Traps of Spirituality:

- Dos and don'ts
- Just go to church
- Just accept your forgiveness and don't expect much
- The big experience
- The Christian practices menu

A Wisdom Approach

2. Christian Spiritual Formation: A Wisdom Approach –

- **W** –
- **I** –
- **S** –
- **D** –
- **O** –
- **M** –

3. Reviewing Your Own Spiritual Formation “Wisdom”

4. *Share in breakout groups*
Exploring a Rule of Life

Thoughts on Rules

- What is a rule? Who uses rules?
- What are rules for?

Breakout groups – my experience with rules or Rules.

The History (and dangers) of Rules of Life

- Scripture
- Early Church
- Medieval Church
- Protestant developments

More thoughts on Rules

Developing a Rule of Life:

1. Rule Prologue (“State of My Union”)

- General Vision – what is life all about anyway?
- Particular Vision
 - Union with reality and others
 - Union with myself
 - Union with God
- Summary

Time alone and then breakout groups: Starting a Rule Prologue -

2. Rule of Life itself

- On Goal Setting and Rules of Life
- Use of Time, Resources
- External Matters
- Internal Matters

Time alone and then breakout groups: The Rule itself -