

Adult Spiritual Formation Lunch & Learn

Walk in Love – Chapter 1

11 Sep 2020

Below are statements from the 'Walk in Love' book offered for discussion – in addition to something you read that raised a question in your mind, or a statement about which you would like to hear the thoughts of others in the group.

Chapter 1 – Not Only with Our Lips, But in Our Lives | Beliefs and Practices

Prayer is responding to God, by thought and by deeds, with or without words. (BCP pg 856)

Lex orandi, lex credendi – Latin phrase loosely translated “the law of prayer is the law of belief.” Or, “you are what you pray.” (WIL pg 5) We could add to this: ‘Lex vivendi’: “as we pray, so we believe, and so we live”. How does your prayer connect with your daily life?

‘Liturgy’ is commonly misunderstood as the ‘work of the people’. While it is important for each person to participate in their own way, a better translation is ‘public work’, an offering for the good of all people. If so, could we then say that liturgy, as such, is an offering for the good of the whole world? Would that change how you think about liturgy and church in general? (WIN pg 10)

A beautiful part of our Anglican heritage is the way that we hold onto the ancient while also responding to the world around us. (WIL pg 11)

Worship according to the BCP offers unity in the midst of diversity, allowing individual congregations to have both variety and constancy. (WIL pg 13) Do you see the repetitiveness of liturgy confining, or life giving?

Our actions and our motions are only part of our prayers: worship involves all of the senses. (WIL pg 14) How do you experience worship with your whole body?

Prayer changes our brains and our behavior. How does what we say and do on Sunday morning inform and shapes how we act and think on Thursday, and Monday, and every other day. (WIL pg 15)

Do you have a favorite prayer? Why is it your favorite?

I wonder . . .

I wonder what might these statements about prayer challenge you to be or to do.