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What is present for you? What did you learn? How will you approach the discipline moving forward?

Discipline Article: Spiritual Direction In the Roman Catholic Tradition.

The Article discusses the definition and description of spiritual direction, scriptural roots, Roman Catholic specificity, practice in the early Church and association with the beginning of Monasticism, and the impact of Vatican II. Article will also present the development of different forms of spiritual direction presented based on the context of the variety of theological, philosophical, cultural and historical biases throughout the history.

Christian spiritual direction may be defined as the help or guidance that a person seeks and another gives over a period of time in the process of growing in a loving relationship with God. It involves three persons: the directed, the director and the Holy Spirit.

Effective Christian spiritual direction benefits a person:

1. To understand and live out their unique relationship with God who calls and continues to interact with each of us.
2. To live this relationship as a disciple of Jesus Christ, putting on the mind and heart of Christ.
3. To know and utilize the means of nurturing and strengthening this relationship, such as prayer, meditation and asceticism. Asceticism means severe self-discipline and avoidance of all forms of indulgence, typically for religious reasons.
4. To recognize, disarm, and eliminate whatever internal or external forces or sinful attitudes and behavior that diminish or destroy this relationship.
5. To experience and live the power and fruits of this relationship by responding to Jesus' gospel imperative of witness and mission in the Kingdom of God, present in every day life.

Vocabulary:

1. Early Patristic theology= relating to the early Christian theologians or to patristics.
2. scrutiny= critical observation
3. Procrustean way= enforcing uniformity or conformity without regard to natural variation or individuality.
4. locus= a particular position, point
5. monastic= relating to monks, nuns, or others living under religious vows, or the buildings in which they live.
6. lay people, as distinct from the clergy.

7. Laity ordinary people, as distinct from professionals or experts.
8. Eucharist ministries=the Christian service, ceremony, or sacrament commemorating the Last Supper, in which bread and wine are consecrated and consumed.
9. Penitents
10. Purgative- strongly laxative in effect. having the effect of ridding someone of unwanted feelings or memories.
11. Illuminative- **the action of supplying or brightening with light or the resulting state.**
12. Unitive
13. Pascal mystery= The Paschal mystery is one of the central concepts of Catholic faith relating to the history of salvation.

I have learned a lot about Spiritual formation. How it has began ever since early catholic church, How it has been viewed and transformed over time. The ultimate goal of Christian spiritual life is to “put on christ.” The goal of Christian spiritual direction is to help a person become sensitive to God’s presence, deepen the personal relationship with Christ and attend to the action of the Spirit in one’s life. Learning about the process of authentic transformation that the spiritual growth has been described in three stages: purgative, illuminative, and unitive. Spiritual growth allows to have the effect of freeing one’s mind from sins. It is also has been able to recognize all parts of one’s life into the Christian call and response.

I learned that mature spirituallity knows that the kingdom of God is not a matter of eating or driving, but of justice, peace and joy that is given by the Holy Spirit. The mature spiritual christian never loses sight of Jesus’ bottom line. To love one another as I have loved you. This love incarnate in ways indicated by Jesus himself. To feed the hungry, give drinks to the thirsty, clothe the naked, visit the sick, and those in prison. It is to loving and forgiving one’s enemies.

I have learned how discipline is actually a love response to God. Because of wanting for love of Christ, realization of the sacrifice, I will not sin. Even with sins, that it has not control over me with fears and anxiety but it is being free from our sins.