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Personal Spiritual Formation:
Professor Constance Diggs
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Article 2 **Spiritual direction in the Roman Catholic tradition:**

From this reading, I learned that there were four churches. Within those four churches, some adopted the practice of speaking in tongues while others matured and formed other practices. The reason I found this interesting is because these churches were around the same time and it is interesting how some could take on the practice while others didn't. Another thing that I learned from this article was the way that people looked at Wesley. They gravitated towards him as if he was a spiritual leader and was able to guide them spiritually. Wesley believed in Christianity and "believed that all Christians need the support of spiritual friendship and guidance.(pg.326) I personally agree with Wesley's views of having spiritual friendships because those people will be there for you and help hold you accountable to what you are doing. Personally, I have spiritual friends that when I feel like I am falling away from God, I can call them so they can either sit down and talk with me and pray or just pray on my behalf. That is why fellowship is so important because people can come together and lift one another up and pray for each other.

Another thing that I learned from this article was about the practice of personal spiritual discipline. In this part they mentioned three parts of personal spiritual discipline and there were prayer, bible study, and fasting and the discipline of abstinence. I personally find all of these spiritual disciplines to be very helpful on a Christian's walk with God. For example, if we do not pray, how will we have a relationship with God and Him to know who we are. It also goes hand in hand with reading His word. If we are not constantly meditating on His word, then when the

enemy tries to attack us, we will fall right into it because we will not have the knowledge to fight back against him. Same goes with fasting. When we fast, we are giving up something that is taking the place of God in our lives. So by fasting, it allows us to be closer to God because we have to rely on Him to get us through those hard times and draw closer to Him.

I will approach this discipline moving forward by making sure that I actually go to my spiritual friends when I am in need of prayer and encouragement. I tend to not do this as often as I would like because I do not like being a burden on people, so I just stay away and keep my problems to myself. With time I have learned that this is not a smart way to go about it because there are people that actually care about me and want to have a relationship with me but I push them away. I need to learn that it is okay to let some people in so they can give counsel and pray on my behalf when I am not strong enough to do it on my own.

Another approach of discipline that I will do moving forward is fasting more. I can admit that I do not fast as much as I should and that was because I thought that the only form of fasting was taking away certain foods and I already do not eat that many foods. I now learned that I can fast for other things such as social media or electronics which I feel will be a great way to bring me closer to God.