



DISCIPLESHIP FORMATION

Scope and Sequence for Adults
First Presbyterian Church of Fort Worth, Texas
2011-2015

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INTRODUCTION

Jesus said, “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.” (Matthew 28.19-20)

Baptizing in the name of our Triune God. Teaching obedience to all that Jesus commands. Remembering and relating to Christ present with us. For nearly two millennia the Church has taken Jesus’ words to heart, seeking in each generation to live *The Great Commission*. In our own day and time, Jesus’ words challenge us to seek a faithful response for those whose journey’s God merges with the ministry of First Presbyterian Church of Fort Worth – whether for a life time or for a season of life.

Long obsessed with schooling models for education, the church now recognizes the need for creatively and imaginatively engaging children, youth and adults in intentional and diverse ways of living our Christian faith. *The Great Commission* finds its fulfillment in the fullest range of experiences as disciples of Jesus Christ. As members of the household of God through Baptism, worship with the community of faith is central to our Christian identity. As we gather around God’s Word read, proclaimed, and enacted in the Sacraments, we are lifted into the very heart of God.

With worship as the center of our Christian experience in the community of faith, we are sent out to engage the world with the love, mercy, justice and peace of Jesus Christ. The dual command of Jesus to love God with all of our heart, soul, mind and strength, and to love our neighbors as ourselves, can be expressed in every relationship and interaction with the world around us. Through word and deed the people of God live out their faith as disciples of Jesus Christ, remembering all that Jesus commands.

Disciples of Jesus engaged in the world around them, supported by the community of faith, and grounded in Scripture and the theological resources of the Church, know that ultimately we are powerless on our own. It is only by the power and presence of our Risen Lord that we can awaken each day and seek to be faithful. Gifted by the Holy Spirit, we are provided for individually and as the gathered Body of Christ. Engaging in Christian practices brings us into deeper relationship with the One who promises to be with us always.

Worship, mission, Scripture, theological reflection, Christian practices, the community of faith...all a part of what shapes, forms and sustains us as disciples of Jesus Christ. It is the very life of the Church itself that is our “curriculum.” In the pages that follow a Scope and Sequence Plan for First Presbyterian Church guides how discipleship is nurtured for all ages (children, youth and adults) through Worship and Sacraments; the Bible, Theology and Faithful Living; Vocational Identity as a Disciple; and Spiritual Formation through Christian Disciplines.

THE BIBLE, THEOLOGY AND FAITHFUL LIVING

The ability to engage in theological reflection is a part of the life of mature Christian faith. Theological Reflection fosters the ability to consider with intentionality tradition, experience and culture in the living out of one's faith commitments. In many ways the image of conversation is most useful for describing theological reflection. Theological reflection involves individual and communal dialogue with Christian tradition, our experiences and the world around us.

Curricular goals broadly stated seek to equip and engage children, youth and adults for *participation in the conversations* that comprise theological reflection. To be equipped for such a conversation, general skills to be developed include:

1. *Befriending* the Christian tradition through an ever deepening familiarity with the content and interpretation of the Bible, the theological tradition of the Church (with special emphasis on the Reformed tradition), and Christian/Church history.
2. *Telling* one's story of faith and *Listening* with respect to the faith stories and witness of others. This includes being able to articulate individual experiences of God in authentic and intelligible ways that can be shared with others. A common biblical and theological vocabulary will enhance the ability to both share and listen.
3. *Observing and analyzing* the world around us. How Christian faith is lived in the midst of daily living, current events and cultural influences will be regularly examined and explored.
4. *Exhibiting* an integrated witness of faith in action through participation in mission and ministry in a variety of shapes and forms.



Befriending the Christian Tradition

The Bible – Content and Interpretation

Because adults are varied in ages and experiences, and because adults are in the same cognitive developmental stages, a highly patterned sequence is not as helpful as a set of experiences that increase the level of depth in which one masters both content of Scripture and facility with interpreting scripture. The following experiences will be offered intentionally in a variety of adult education settings that

include church school classes, seminars, guest lectures, workshops, retreats, off-Sunday classes, etc.

Content of Scripture:

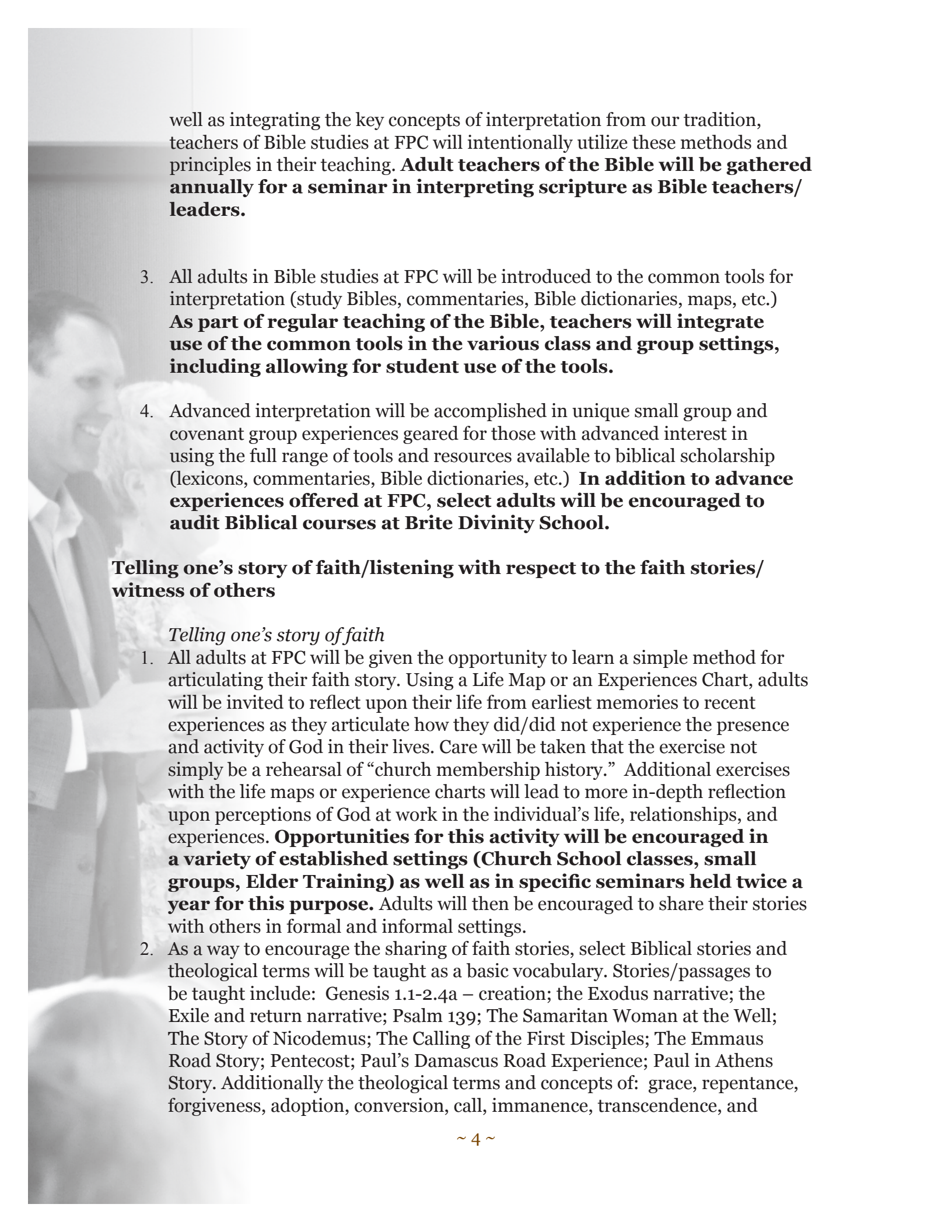
1. Orientation to the Bible: How the Bible came to be, types of literature in the Bible, how the Bible is organized, brief overview of each book of the Bible. **To be offered twice a year as a 2 hour seminar.**
2. Reading the Bible for Content mastery:
Adults: Offering small group experiences in which groups agree to read the Bible within a designated period of time (from 90 days –1 year). **To be offered annually in a variety of configurations.**
3. Going deeper into the content and meaning of scripture through group Bible studies that study entire books of the Bible and/or themes of scripture. Great care will be taken to encourage exposure to the breadth of scripture. As a cornerstone of weekly Bible study at FPC, the *Bible in Depth* class will study books from the following sections of scripture for the next five years:

Fall/Winter 2010	<i>Genesis</i> (Pentateuch)
Spring 2011	<i>Revelation</i> (Apocalypse)
Fall/Winter 2011	(Historical Book)
Spring 2012	(Historical Book)
Fall/Winter 2012	(Gospel)
Spring 2013	(Epistle)
Fall/Winter 2013	(Prophetic Book)
Spring 2014	(Gospel)
Fall/Winter 2014	(Wisdom Literature)
Spring 2015	(Epistle)

4. To gauge growing mastery of the content of the Bible, adults will be encouraged to work towards passing a Bible Content examination based upon the Bible Content Ordination Examination of the PC (USA). **The exam will be offered annually in the summer/early fall and late spring of each year as a way of gauging growth over a program year.**

Interpretation of Scripture

1. Introduction to Interpreting Scripture: Using as a primary text *Presbyterian Understanding and Use of Holy Scripture*, adults will be able to articulate key concepts involved in interpreting scripture unique to our tradition. Additionally, adults will be able to describe three methods for interpreting scripture: historical/critical; literary; reader-response. **To be offered twice a year as a 2 hour seminar.**
2. In order to gain mastery of the three methods of interpreting scripture, as



well as integrating the key concepts of interpretation from our tradition, teachers of Bible studies at FPC will intentionally utilize these methods and principles in their teaching. **Adult teachers of the Bible will be gathered annually for a seminar in interpreting scripture as Bible teachers/leaders.**

3. All adults in Bible studies at FPC will be introduced to the common tools for interpretation (study Bibles, commentaries, Bible dictionaries, maps, etc.) **As part of regular teaching of the Bible, teachers will integrate use of the common tools in the various class and group settings, including allowing for student use of the tools.**
4. Advanced interpretation will be accomplished in unique small group and covenant group experiences geared for those with advanced interest in using the full range of tools and resources available to biblical scholarship (lexicons, commentaries, Bible dictionaries, etc.) **In addition to advance experiences offered at FPC, select adults will be encouraged to audit Biblical courses at Brite Divinity School.**

Telling one's story of faith/listening with respect to the faith stories/witness of others

Telling one's story of faith

1. All adults at FPC will be given the opportunity to learn a simple method for articulating their faith story. Using a Life Map or an Experiences Chart, adults will be invited to reflect upon their life from earliest memories to recent experiences as they articulate how they did/did not experience the presence and activity of God in their lives. Care will be taken that the exercise not simply be a rehearsal of "church membership history." Additional exercises with the life maps or experience charts will lead to more in-depth reflection upon perceptions of God at work in the individual's life, relationships, and experiences. **Opportunities for this activity will be encouraged in a variety of established settings (Church School classes, small groups, Elder Training) as well as in specific seminars held twice a year for this purpose.** Adults will then be encouraged to share their stories with others in formal and informal settings.
2. As a way to encourage the sharing of faith stories, select Biblical stories and theological terms will be taught as a basic vocabulary. Stories/passages to be taught include: Genesis 1.1-2.4a – creation; the Exodus narrative; the Exile and return narrative; Psalm 139; The Samaritan Woman at the Well; The Story of Nicodemus; The Calling of the First Disciples; The Emmaus Road Story; Pentecost; Paul's Damascus Road Experience; Paul in Athens Story. Additionally the theological terms and concepts of: grace, repentance, forgiveness, adoption, conversion, call, immanence, transcendence, and

incarnation will be incorporated into the opportunities listed in the previous paragraph. **These stories and terms will be incorporated in the faith sharing seminars as well as in leader training for other opportunities to lead faith sharing exercises.**

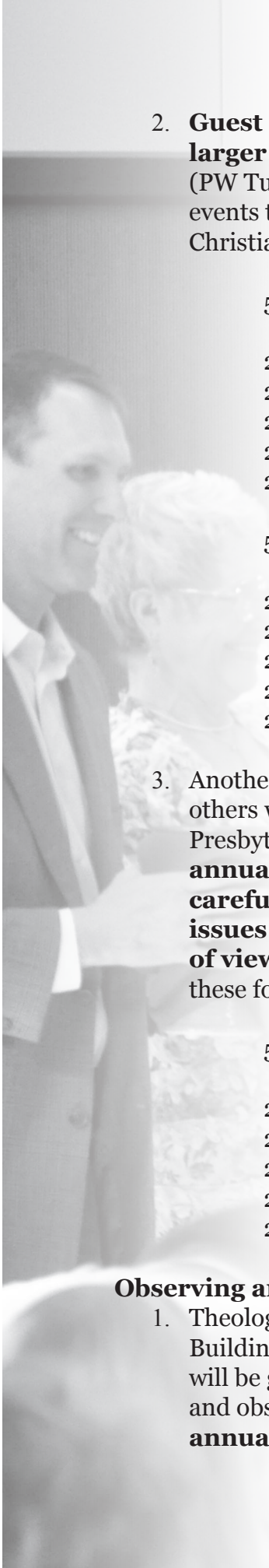
3. Expanding one's theological vocabulary is essential in both sharing and receiving faith stories with other people. Whether family, friends, church members, visitors, guests, or through writings of the faithful past and present, a shared and deepened theological vocabulary opens up a depth of conversation that is enriching. **To equip adults with an expanding theological vocabulary, regular classes and book studies will be held that will explore theology that is classical, contemporary, and contextual.** *Classical theology* will focus on historic doctrines, terminology, church history, and the confessional heritage of the Reformed tradition. *Contemporary theology* will focus on the writings and reflection of current theologians, with a particular emphasis on those working within the North American milieu. *Contextual theology* will focus on theological writings and conversations from contexts other than North American, such as 2/3 world, liberation, etc. **Over a five year period this will be accomplished through intentionally scheduling studies, lectures, and events that touch upon these three broad categories. In addition, classes will be offered annually that provide a sound theological underpinning in the Reformed/Presbyterian tradition using Shirley Guthrie's *Christian Doctrine*.**

5 year plan for classical, contemporary, contextual theology through Guest Lecturers:

2010: Dr. Adrian Bird (Dalit Theology, India)	Contextual
2011: Dr. Sam Wells (Mission and Ethics)	Contemporary
2012: Dr. Cynthia Rigby (Doctrine)	Classical/Contemporary
2013: Dr. Mary Louise Bringle (Hymnology)	Contemporary
2014: TBD in 2011	Contextual
2015: TBD in 2012	Classical/Contemporary

Listening with respect to the faith stories and witness of others

1. Building upon the shared theological vocabulary acquired while being equipped to share one's own faith story, the intentional engagement in listening with respect to the faith stories and witness of others will be facilitated through covenant group experiences for members and friends of FPC. **At least annually a covenant group (or groups) will be facilitated for the purpose of listening to the stories of and witness of one another.**

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2. **Guest speakers will be invited to share faith stories and witness in larger group gatherings at FPC.** These may occur in established settings (PW Tuesday Together, Church School Classes, etc.) as well as in specific events that invite FPC members to be engaged by the stories from other Christian traditions as well as those outside Christianity.

5 year plan for guest speakers sharing faith stories (Christian):

- 2011: Lutheranism (ELCA, LCMS)
- 2012: Roman Catholicism and Anglicanism
- 2013: Methodism (UMC)
- 2014: Presbyterianism (PCA, EPC)
- 2015: Free Church Traditions

5 year plan for guest speakers sharing faith stories (non-Christian):

- 2011: Islam
- 2012: Judaism
- 2013: Buddhism
- 2014: Hinduism
- 2015: Sikhism

3. Another area of listening respectfully to the faith stories and witnesses of others will involve conversations within the PC (USA) around issues of which Presbyterians experience significant disagreement. **Forums will be held annually for discussing difficult issues and will be preceded by careful preparation exploring the background and history of the issues as well as vocabulary required to understand varying points of view.** Actions of the General Assembly will influence the scheduling of these forums.

5 year plan for exploring difficult issues through respectful listening

- 2011: Immigration Issues
- 2012: Medical Issues/Ethics
- 2013: Environmental Policies
- 2014: Sexuality and Ordination
- 2015: Economic Policies

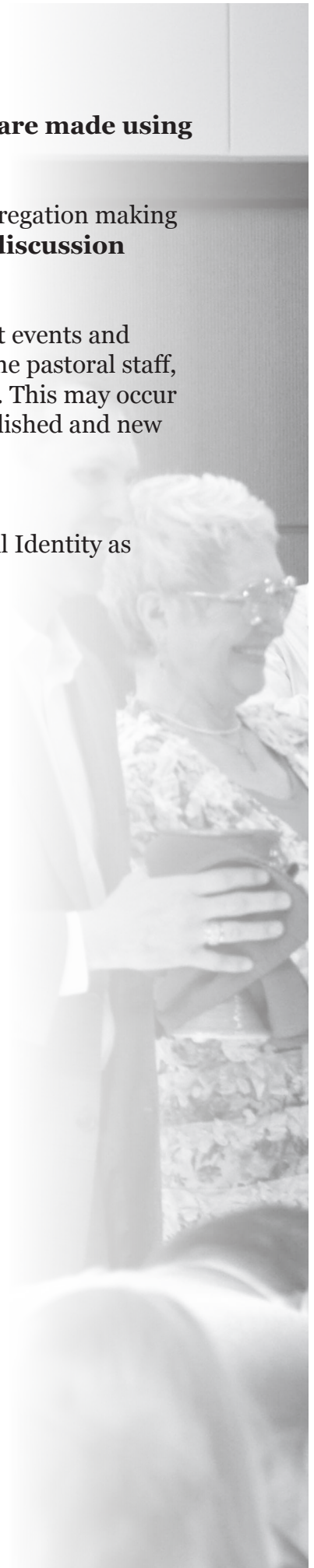
Observing and Analyzing the World Around Us

1. Theological reflection involves conversation with the world around us. Building upon a solid foundation of biblical and theological vocabulary, adults will be guided in applying their Christian faith when interacting, responding and observing the world around them. **Adult teachers, as part of their annual support and training, will experience exercises led by a**

pastor in which such connections and observations are made using current events.

2. The pastors of FPC, when preaching, will model for the congregation making such connections and observations. **A variety of sermon discussion opportunities will be offered on a regular basis.**
3. Adults will be encouraged to read and be informed of current events and cultural realities through regular reading suggestions from the pastoral staff, which will include helpful questions for individual reflection. This may occur in *Penn Street Letter* articles, blogs, and in a variety of established and new class settings.

Exhibiting and integrated witness of faith in action (See Vocational Identity as Disciples)



WORSHIP AND SACRAMENTS

Christian worship joyfully ascribes all praise and honor, glory and power to the triune God. In worship the people of God acknowledge God present in the world and in their lives. As they respond to God's claim and redemptive action in Jesus Christ, believers are transformed and renewed. In worship the faithful offer themselves to God and are equipped for God's service in the world. (W-1.1000, The Book of Order)

The Worship and Music Committee engages, encourages and supports the gifts, talents, and resources of God's people in encounters of the Holy Spirit as we gather together in the rhythm of worship and ministry. (Worship and Music Committee Statement of Purpose)

As Christians, all that we are and all that we do flows out of our worship of God. Through worship we are equipped to lead a Christian life through mission, education, stewardship, congregational care and so on.

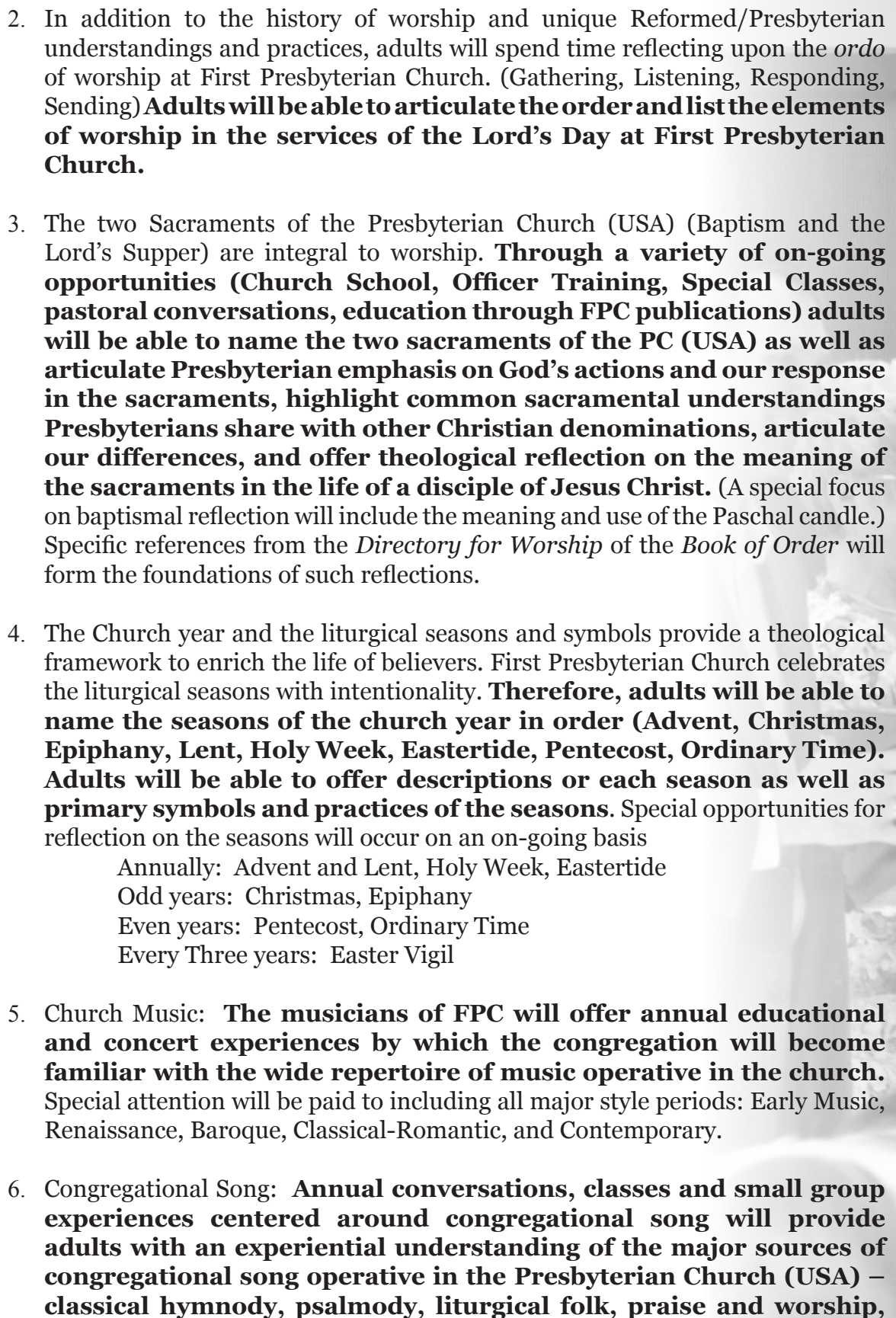
"Through Scripture, proclamation, and the Sacraments, God in Christ is present by the Holy Spirit acting to transform, empower, and sustain human lives. In Christian worship the people of God"

1. *Hear the Word proclaimed,*
2. *Received the Word enacted in Sacrament*
3. *Discover the Word in the world, and*
4. *Are sent to follow the Word into the world. (W-1.1005 The Book of Order)*

At First Presbyterian Church worship is at the heart of all that we do. Our corporate worship engages people of all ages to gather together, praise God, receive the Word and go out into the world to follow Christ.



1. Adults will explore Reformed/Presbyterian worship by tracing worship historically from Jewish roots through the early church, the Middle Ages, the Reformation, the American religious experiences, and current practices and realities. Adults will be able to name unique features/contributions of Reformed/Presbyterian worship as well as commonalities with other Christian traditions. **An annual Introduction to Worship Course will be offered. Additionally, thoughtful Penn Street Letter and bulletin flap articles will be written throughout the year.**

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2. In addition to the history of worship and unique Reformed/Presbyterian understandings and practices, adults will spend time reflecting upon the *ordo* of worship at First Presbyterian Church. (Gathering, Listening, Responding, Sending) **Adults will be able to articulate the order and list the elements of worship in the services of the Lord's Day at First Presbyterian Church.**
 3. The two Sacraments of the Presbyterian Church (USA) (Baptism and the Lord's Supper) are integral to worship. **Through a variety of on-going opportunities (Church School, Officer Training, Special Classes, pastoral conversations, education through FPC publications) adults will be able to name the two sacraments of the PC (USA) as well as articulate Presbyterian emphasis on God's actions and our response in the sacraments, highlight common sacramental understandings Presbyterians share with other Christian denominations, articulate our differences, and offer theological reflection on the meaning of the sacraments in the life of a disciple of Jesus Christ.** (A special focus on baptismal reflection will include the meaning and use of the Paschal candle.) Specific references from the *Directory for Worship* of the *Book of Order* will form the foundations of such reflections.
 4. The Church year and the liturgical seasons and symbols provide a theological framework to enrich the life of believers. First Presbyterian Church celebrates the liturgical seasons with intentionality. **Therefore, adults will be able to name the seasons of the church year in order (Advent, Christmas, Epiphany, Lent, Holy Week, Eastertide, Pentecost, Ordinary Time). Adults will be able to offer descriptions of each season as well as primary symbols and practices of the seasons.** Special opportunities for reflection on the seasons will occur on an on-going basis
 - Annually: Advent and Lent, Holy Week, Eastertide
 - Odd years: Christmas, Epiphany
 - Even years: Pentecost, Ordinary Time
 - Every Three years: Easter Vigil
 5. Church Music: **The musicians of FPC will offer annual educational and concert experiences by which the congregation will become familiar with the wide repertoire of music operative in the church.** Special attention will be paid to including all major style periods: Early Music, Renaissance, Baroque, Classical-Romantic, and Contemporary.
 6. Congregational Song: **Annual conversations, classes and small group experiences centered around congregational song will provide adults with an experiential understanding of the major sources of congregational song operative in the Presbyterian Church (USA) – classical hymnody, psalmody, liturgical folk, praise and worship,**



global, spirituals, and gospel music.

7. The Church will provide Adults who are parenting children with resources to assist with Worship Education in the family. **This will occur through an annual workshop on the Sacraments, the monthly MOMS (Moms Offering Moms Support) group, monthly *Splash!* newsletters, distribution of Lent and Advent resources, home visits prior to baptism, and in adult church school classes as appropriate.**

Adults will be able to participate in worship in a variety of leadership roles including liturgists, ushers, choir members, and communion preparation. Appropriate training events will be held on an on-going basis to further develop worship leadership skills.

VOCATIONAL IDENTITY AS A DISCIPLE

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. *“Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power forever and ever.*

I Peter 4:10-11

“Those who follow the discipline of Christian stewardship will find themselves called to lives of simplicity, generosity, honesty, hospitality, compassion, receptivity, and concern for the earth and God’s creatures.”
(W-5.5005, The Book of Order)

As we seek to follow Christ together as a congregation, we remember and teach the central understanding of our vocational identity as disciples: we are all children of God, created in God’s image, and are invited to follow Christ in our daily lives through a variety of experiences and opportunities. Because we claim our identity as disciples of Jesus Christ, we recognize that all of our life is a response to God’s grace – our response becomes our vocation, where our deep passions rise to meet the world’s greatest need.¹ So, in living out our faith, we are called to be good stewards of caring for God’s people and God’s world through our active discipleship. At the heart of stewardship in a mature disciple lies a radical trust in God who alone is the source of our life and who calls us into genuine community with the earth and God’s people. We acknowledge that we are, created by God, as interdependent as Christ’s body on earth (I Corinthians 12). We who have been given much are required to share generously and extravagantly (Luke 12:48).

Our vocational identity can be seen in three lenses: stewardship, outreach, and congregational care and compassion. Of course, all of these categories overlap and are all integral to what it means to respond to God’s grace in our lives. Vocational identity is not just one part of Christian discipleship; it involves every aspect of life in all the stages of life.

(1) Stewardship of our Resources and of the Environment: God has entrusted God’s people to be the caregivers of this earth and the managers of God’s money and talents. We respond to God with faithfulness and generosity, joyfully proclaiming our need to give, rather than merely the church’s need to receive. The Book of Order says, “The ways in which a believer uses God’s gifts of material goods, personal abilities, and time should reflect a faithful response to God’s self-giving in Jesus Christ and Christ’s call to minister to and share with others in the world”

1 Paraphrase of Frederick Buechner.

(W-5.5004). Therefore, the mark of a mature disciple is generosity in participating as God's stewards of money and creation.

(2) **Mission Outreach:** We are called to serve others and to extend hospitality and care for the "least of these." Mission and Outreach is a broad description covering many approaches to achieving these ends. Whether in the form of disaster relief, justice advocacy, direct aid, sustainability and development assistance, mission and outreach is a call to respond domestically and globally to the pain and poverty of our world.

Currently, our congregation is involved in talking about the variety of paradigms for mercy and justice: *working for*, *working with*, and *being with* as defined by the Rev. Dr. Sam Wells in the Nazareth Manifesto. The first one assumes an effort to do ministry on the behalf of another (colloquially, fishing for another person); the second places the mission giver and receiver together to alleviate deficiencies (teaching a person how to fish) and the latter is a model of mission that presupposes all parties are giving and receiving in relationship with one another (going fishing together!). Our present mission commitments and opportunities span these three models of outreach, and we are committed to continue these conversations as we engage in mission together.

(3) **Congregational Care:** As we have been created in the divine image, so we are to affirm that very truth in the lives of others. Congregational Care speaks to the ways we minister to the needs of our church community by providing care of mind, body and spirit, nurturing our congregation's efforts to live the second greatest commandment to love one another. Congregational care upholds the ministry of presence, showing in tangible ways how to embody compassion and care.



Vocational identity is a key concept for mature Christian discipleship. Opportunities are regularly provided for adults to reflect on how to live out Christian vocation in the contexts of their lives.

- **Adults will be able to articulate an understanding of vocation, recognizing that vocational identity is not only reserved for those entering Christian ministry as a profession.**
- We will offer annually in a variety of settings opportunities for adults to explore vocation and their calling as a follower of Christ. **Specifically, every two years, a book about vocational identity, such as the book *Callings*, will be offered in a covenant group setting.**
- **Appropriate pastoral conversations will be facilitated for those discerning a particular calling to pursue a profession in Christian ministry through the church.**

1. Stewardship

- **Adults will be able to define a biblical tithe, and adults will be encouraged annually to increase their giving towards the goal of a tithe.**
- **Adults will be able to name and describe the four denominational offerings (One Great Hour of Sharing, Pentecost, Peacemaking and Christmas Joy).**
- **Adults will be invited to participate in the four denominational offerings annually.**
- **In consultation with the Discipleship Coordinator, adults will be able to identify and employ the particular gifts and talents God has given them for ministry through completing and interpreting a time and talent survey.**
- **Adults will be invited to exercise their discipleship through alternative giving, specifically through Market for Mission, CROP Walk (Church World Service), and alternative gift catalogs.**
- **Adults will be given an opportunity to consider planning giving opportunities as an act of Christian stewardship.**
- **Adults will be able to express an understanding of stewardship that includes stewardship of creation.** Annually, a teaching session exploring at least one environmental stewardship issue will be offered:
 - Water (2011)
 - Sustainable food (2012)
 - Recycling and waste reduction (2013)
 - Renewable energy (2014)

2. Mission Outreach

- **Adults will be able to articulate the 3 different paradigms of the Nazareth Manifesto (working for, working with, being with) and name at least one example in our congregation for each model of ministry.** Adults will be encouraged to participate in all three paradigms through the ministries of our church and in the community at large. Special attention will be given to the session and during officer training for incoming elders.
- **Adults will be able to name at least five of the wide variety of opportunities for mission and outreach in which our church is regularly engaged such as First HAND food and clothing ministries, Worship on Wednesdays, Kids Connection, Room in the Inn, Presbyterian Night Shelter playgroups, etc.**
- **Adults will be invited and encouraged to participate in at least one mission opportunity every six months.**
- **Annually a covenant group opportunity will be offered for those directly involved in our mission ministries in order to provide encouragement and support for their discipleship.**
- **Adults will be encouraged and invited to participate in annual**



congregation-wide mission events, such as a congregation-wide mission fair, Hunger Banquet, PC (USA) co-worker events, and workshops on mission paradigms in the twenty-first century.

3. Congregational Care

- **Adults will be able to name several ongoing congregational care ministries of FPC.** Particular ministries will be emphasized in the following schedule:
 - 2011: Care Teams, Visitation Teams, Flower Ministry
 - 2012: Stephen Ministry, Support Groups
 - 2013: Transportation, Carpenters on Call
 - 2014: Prayer Line, Prayer Shawl, Prayer Cards
- **Adults will be invited to participate in a wide variety of caring ministries such as Stephen Ministry, care team, congregational care committee, and visitation ministries.**
- **Adults will be encouraged to attend a congregational care ministry fair annually in the church.**

SPIRITUAL FORMATION

“*Spiritual formation is the activity of the Holy Spirit that molds our lives into the likeness of Jesus Christ. This likeness is one of deep intimacy with God and genuine compassion for all of creation. The Spirit works not only in the lives of individuals, but also in the church, shaping it into the body of Christ. We cooperate with this work of the Spirit through certain practices that make us more open and responsive to the Spirit’s touch. Disciplines such as Sabbath keeping, works of compassion and justice, discernment, worship, Scripture study, hospitality, spiritual friendships, and contemplative silence.*” (Hungry Hearts, PC (USA) Office of Spiritual Formation, Spring 2010, p. 10)

The Christian tradition has engaged certain practices throughout its history that have proven to be effective ways to grow in Christian discipleship. Worship, study of Scripture, and Vocational Identity as a Disciple (works of compassion and justice/mission and cultivation of generosity/stewardship of resources) have been addressed in detail in previous sections of this Scope and Sequence plan. The practices that will now be addressed include: forms of prayer and contemplation (labyrinth, *lectio divina*, silence, breath prayer, body prayer, prayer with others), discernment, and spiritual friendships.



As foundations for participating in spiritual practices that shape the interior life in ways that prepare disciples for engaging the world with the love, justice, mercy and peace of Jesus Christ, First Presbyterian Church offers instruction and reflection with adults in all of their diversity and differences.

1. Using a spiritual typography by Corrine Ware, adults will become familiar with four spiritual quadrants that begin to give shape and understanding to different approaches to the spiritual life. **This material will be offered annually in a variety of settings including at a 2 hour seminar.** Additional opportunities to become familiar with this material include Church School classes, covenant groups, and leadership training.
2. The Enneagram is another effective tool for understanding how adults experience and enrich their spiritual life. **At least two weekend seminars will be offered annually that utilize the Enneagram.**

Prayer is central to the spiritual formation of Christians. The Christian tradition has been engaged in prayer in a multitude of ways throughout history.



First Presbyterian Church offers reflection, instruction, and the practice of prayer in a variety of forms and experiences.

1. **Using a variety of resources including *The Life of Prayer* by Allan Cole, adults will be given opportunities to study and practice prayer in a variety of forms and settings (Church School classes, covenant groups, retreats, etc.)** These opportunities will be offered 3-4 times a year.
2. **The use of silent reflection, contemplation and prayer followed by communal sharing of insights and spiritual experience will be offered through Quarter Day in Prayer (QDP) events.** QDP will be offered 3-4 times per year.
3. The prayerful reading of scripture (*lectio divina*) engages disciples in unique and reflective ways. **Basic instruction in the practice of *lectio divina* will be offered in a variety of settings (Church school, seminars, leadership development, etc.)** In addition, **intentional *lectio divina* covenant groups will be offered annually.**
4. Given that the Church includes prayers as an integral part of Lord's Day worship, adults will be given an opportunity to reflect upon the form and content of the prayer Jesus taught his disciples to pray. **An annual class will be offered on *The Lord's Prayer for Today* in addition to this study being available in established Church School classes.**
5. As an embodied form of prayer, the ancient spiritual practice of the labyrinth offers adults an opportunity for a deep experience of prayer. **Instruction and opportunity to pray through experiencing the labyrinth will be offered at least two times per year.**

The early church spoke about the Church as a family of faith in which adults become brothers and sisters in Jesus Christ. As members of the household of God, *spiritual friendships* nurture and support adults as they seek to be faithful to Jesus Christ. These relationships also give encouragement and accountability for the practice of *discernment* in the living out of our lives in ways that are attentive to and faithful to the Spirit's leading.

1. To nurture spiritual friendships, opportunities to engage in a variety of covenant groups will be offered. **Covenant groups will be formed throughout the year, including major emphasis in the seasons of Advent and Lent.**
2. One on one spiritual mentoring will be encouraged among adults. **The pastors of First Presbyterian Church will be attentive to possibilities for healthy, supportive mentoring relationships and**

will encourage them for adults.

3. The Christian tradition has long valued communal discernment in the life of faith. **Adults will be provided annual opportunities to participate in a discernment group.**
4. For many adults, one on one spiritual direction gives clarity and support in discerning God's activity in and through their lives. **Pastors and Spiritual Formation leaders will encourage adults to seek trained Spiritual Directors as may be appropriate.**
5. The Christian tradition is blessed with a long line of the faithful whose lives, writings, and example provide both encouragement and inspiration for living out a mature Christian faith. Often referred to as "saints", they continue to shape and form Christians in our own day and time. Indeed, there are many present day saints as well. **A course on the lives of selected saints and their spiritual practices will be offered at least annually in a Church School setting.**

