Spiritual Growth

Primary Objective
Construct an ongoing practice for growing spiritually including ways of assessing the individual growth. Team member will be able to:

1. Complete a Team and Individual Assessment and Learning Plan
   Suggestion: complete the "How Am I Equipped" column on the Individual Assessment, then complete the Team Assessment, then finish the Individual Assessment.

2. Identify a spiritual companion or director
   a. Commit to regular meetings with a spiritual companion/director

3. Develop a practice of reflecting theologically on daily and life experiences
   a. Examine and experiment with various methods of theological reflection (see appendix) and determine a method of theological reflection that is most helpful to you personally
   b. Share theological reflections regularly as a team

4. Encourage members of the congregation to continue their spiritual growth
   a. Provide opportunities for congregation members to explore their spirituality and theological beliefs individually and as a group
   b. Provide opportunities for congregational members to reflect on their spiritual growth

5. Develop and practice methods of sharing one's faith story with members of the congregation.
   a. Discern and practice a method of articulating one's faith story
   b. Practice regular faith sharing with members of the Ministry Development Team
   c. Ability to communicate confidently about one's faith with members of the congregation
   d. Practice faith sharing in the wider community
      i. Explore social media opportunities

6. Explain and lead some form of Christian meditation
   a. Examine and practice a variety of meditational methods including lectio divina and centering prayer.
   b. Determine a method personally suitable to you and commit to regular practice.

Module: Spiritual Growth
Session 1 Team Assessment and Learning Plan

Primary Objective: Construct an ongoing practice for growing spiritually including ways of assessing the individual growth. Team members will be able to:

Competency	How is the team equipped? Name the gifts, knowledge and skills already present in the team.	What the team needs/wants to learn.	How will the team accomplish this learning? What format will the team use to provide evidence of the learning?	Observations about the team process of reaching the competency.
Ability to identify a spiritual companion or director. Commit to regular meetings with a spiritual director.				
Develop a practice of reflecting theologically on daily and life experiences Examine and experiment with various methods of theological reflection and determine a method of theological reflection that is most helpful to you personally Share theological reflections regularly as a team.				
Encourage and support members of the congregation to continue their spiritual growth				

Provide opportunities for congregation members to explore their spirituality and theological beliefs individually and as a group. Provide opportunities for congregational members to reflect on their spiritual growth.				
Develop and practice methods of sharing one's faith story with members of the congregation. Discern and practice a method of articulating one's faith story. Practice regular faith sharing with members of the Ministry Development Team. Ability to communicate confidently about one's faith with members of the congregation. Practice faith sharing in the wider community. Explore social media opportunities.				
Explain and lead some form of Christian meditation				

Examine and practice a variety of meditational methods including lectio divina and centering prayer. Determine a method personally suitable to you and commit to regular practice.				

Module: Spiritual Growth
Session 1 Individual Assessment and Learning Plan

Primary Objective: Construct an ongoing practice for growing spiritually including ways of assessing the individual growth. Team members will be able to:

Competency	What knowledge, skill, experience do you bring to this competency?	What would you like to learn or what experience would you like to create?	What format will you use to provide evidence of your learning?	Observations about your process of reaching the competency.
Ability to identify a spiritual companion or director. Commit to regular meetings with a spiritual director.				
Develop a practice of reflecting theologically on daily and life experiences Examine and experiment with various methods of theological reflection and determine a method of theological reflection that is most helpful to you personally Share theological reflections regularly as a team.				
Encourage and support members of the congregation to continue their spiritual growth				

Provide opportunities for congregation members to explore their spirituality and theological beliefs individually and as a group. Provide opportunities for congregational members to reflect on their spiritual growth.				
Develop and practice methods of sharing one's faith story with members of the congregation. Discern and practice a method of articulating one's faith story. Practice regular faith sharing with members of the Ministry Development Team. Ability to communicate confidently about one's faith with members of the congregation. Practice faith sharing in the wider community. Explore social media opportunities.				
Explain and lead some form of Christian meditation				

Examine and practice a variety of meditational methods including lectio divina and centering prayer. Determine a method personally suitable to you and commit to regular practice.				

Module: Spiritual Growth
Session 2 Identify Spiritual companion or director

Competency	Reading	Suggested Activities	Reflection	Resources
Ability to identify a spiritual companion or director Commit to regular meetings with a spiritual director.	"Spiritual Direction" http://www.ignatianspirituality.com/making-good-decisions/spiritual-direction "Finding a Good Fit in a Spiritual Director" http://www.patheos.com/blogs/spiritualdirection101/2012/12/finding-a-good-fit-in-a-spiritual-director/	Commit to regular meetings with a spiritual companion/director	How am I shaped by the Gospel and recognizing God in my life?	"What is Spiritual Direction?" http://www.sdiworld.org/find-a-spiritual-director/what-is-spiritual-direction This website has valuable information.

Module: Spiritual Growth
Session 3: Develop a practice of reflecting theologically on daily and life experiences

Competency	Reading	Suggested Activities	Reflection	Resources
Develop a practice of reflecting theologically on daily and life experiences. Examine and experiment with various methods of theological reflection and determine a method of theological reflection that is most helpful to you personally Share theological reflections regularly as a team.	"What is Theological Reflection?" http://www.sttaustin.org/documents/youth%20ministry/Theological_Reflection_Handbook_Section_R_Dickey.pdf "Theological Reflection Theological Reflection -- What Others Say" http://divinity.vanderbilt.edu/academics/fielded/fielded_theologicalreflection.php	Examine and try various methods of theological reflection as a team. Using the link to Education for Ministry (EfM) in the resource section, study and practice the forms of theological reflection presented. Decide which fits your situation the best and make plans to lead this experience for people in the congregation.	In your journal; How am I growing in my ability to reflect theologically on my experiences?	"Methods of Theological Reflection" http://efm.sewanee.edu/assets/uploads/CLSM_Chapter_2.pdf Ministry Reflection Group Handbook http://www.emmanuel.utoronto.ca/Assets/EmmCollege+Digital+Assets/Emmanuel+College/EmmCollege+Digital+Assets/Contextual+Education/Ministry+Reflection+Group+Handbook+2016_17.pdf

Module Spiritual Growth
Session 4: Encourage members of the congregation to continue their spiritual growth

Competency	Reading	Suggested Activities	Reflection	Resources
Encourage and support members of the congregation to continue their spiritual growth. Provide opportunities for congregation members to explore their spirituality and theological beliefs individually and as a group. Provide opportunities for congregational members to reflect on their spiritual growth.		Form small reflection groups and teach a method of theological reflection to a group. Check the resource section for link to a handbook that may be helpful. Create an atmosphere that encourages regular conversations about spiritual growth.	What methods of Bible study and theological reflection am I comfortable using with others?	

Module: Spiritual Growth
Session 5: Develop and practice methods of sharing one's faith story with others

Competency	Reading	Suggested Activities	Reflection	Resources
Develop and practice methods of sharing one's faith story with members of the congregation. Discern and practice a method of articulating one's faith story. Practice regular faith sharing with members of the Ministry Development Team. Ability to communicate confidently about one's faith with members of the congregation. Practice faith sharing in the wider community. Explore social media opportunities.	*Let Your Life Speak* by Parker Palmer	Discern and practice a method of articulating one's faith story Practice regular faith sharing with members of the Ministry Development Team	How did I get to where I am as a Christian?	Sharing a Brief Faith Story https://www.trinitylittlerock.org/index.php/download_file/view/296/283/ http://www.episcopalchurch.org/files/documents/gw_booklet.pdf page 14 in this booklet

Module: Spiritual Growth
Session 6: Practice some form of Christian meditation on a regular basis

Competency	Reading	Suggested Activities	Reflection	Resources
Explain and lead some form of Christian meditation Examine and practice a variety of meditational methods including lectio divina and centering prayer. Determine a method personally suitable to you and commit to regular practice.		Examine and practice a variety of meditational methods. Determine a method personally suitable to you and commit to regular practice. There are two types of prayer to practice specifically – Lectio Divina, praying with scripture and Centering Prayer. It would be helpful for you to search for groups in your area that practice either of these and participate with them in order to learn. The websites in the Resource section has information on both of these types of prayer. Spend the time to learn and practice both these types of prayer		What is Lectio Divina? http://ocarm.org/en/content/lectio/what-lectio-divina http://www.lectio-divina.org/ Centering Prayer http://www.centeringprayer.com/ http://www.stlukesnola.org/prayer https://www.contemplativeoutreach.org/category/category/centering-prayer