



Week 2. Study

- How do you react when considering 'study' as a path to spiritual growth?
- Read 2 Corinthians 4:3-6
- How does study help transform us into the image of Jesus Christ?
(Question from p.2094 NRSV Spiritual Formation Bible)
- For what reason is 'study' an essential discipline?
'...be transformed by the renewing of your minds'...
[God] has shone in our hearts to give the light of the knowledge of the glory of God...'
[Rom. 12:2 & 2 Cor. 4:6]
- Do you agree with Rohr's assessment (see quote opposite)?
- What do you think study with a view to spiritual growth, rather than an accumulation of knowledge alone, might entail?
- Look at Foster's 4 steps opposite. Why might they each be important?
- What should we read (or listen to) as a primary source?
- Are there other resources we can learn from that can enhance our spiritual lives?
- What factors might be necessary to enable us to be able to study & grow spiritually?
- Close with prayer for the humility & grace to learn from the many resources available to us.

Paths to Spiritual Growth

'He that studies only men, will get the body of knowledge without the soul; and he that studies only books, the soul without the body. He that to what he sees, adds observation, and to what he reads, reflection, is in the right road to knowledge, provided that in scrutinising the hearts of others, he neglects not his own.'

[Caleb Colton in Richard Foster: p.78]

Richard Rohr writes; 'We need transformed people today, and not just people with answers.'

[Richard Rohr : 'Things Hidden; Scripture As Spirituality' : SPCK : 2016 : p.7]

'Study is a specific kind of experience in which through careful attention to reality, the mind is enabled to move in a certain direction....What we study determines the kind of habits that are formed.'

[Foster : p.79/80]

Foster's 4 steps that study involves :

Repetition, Concentration, Reflection, Humility

We need to understand what the author is saying, interpret it's meaning, evaluate the subject matter.

Dostoevsky : 'Love all God's creation, the whole & every grain of sand in it....If you love everything, you will perceive the divine mystery in things.'
[p.90]

'What you encounter, recognise or discover [of beauty] depends to a large extent on your approach.'

[John O'Donohue : Divine Beauty : Bantam : 2004: p.33]

'We should be attentive to the ordinary relationships we daily encounter... and to ourselves'

[Foster : p.91]

Unless otherwise stated, the majority of quotes are from : Richard Foster: Celebration of Discipline : Hodder : 2008

