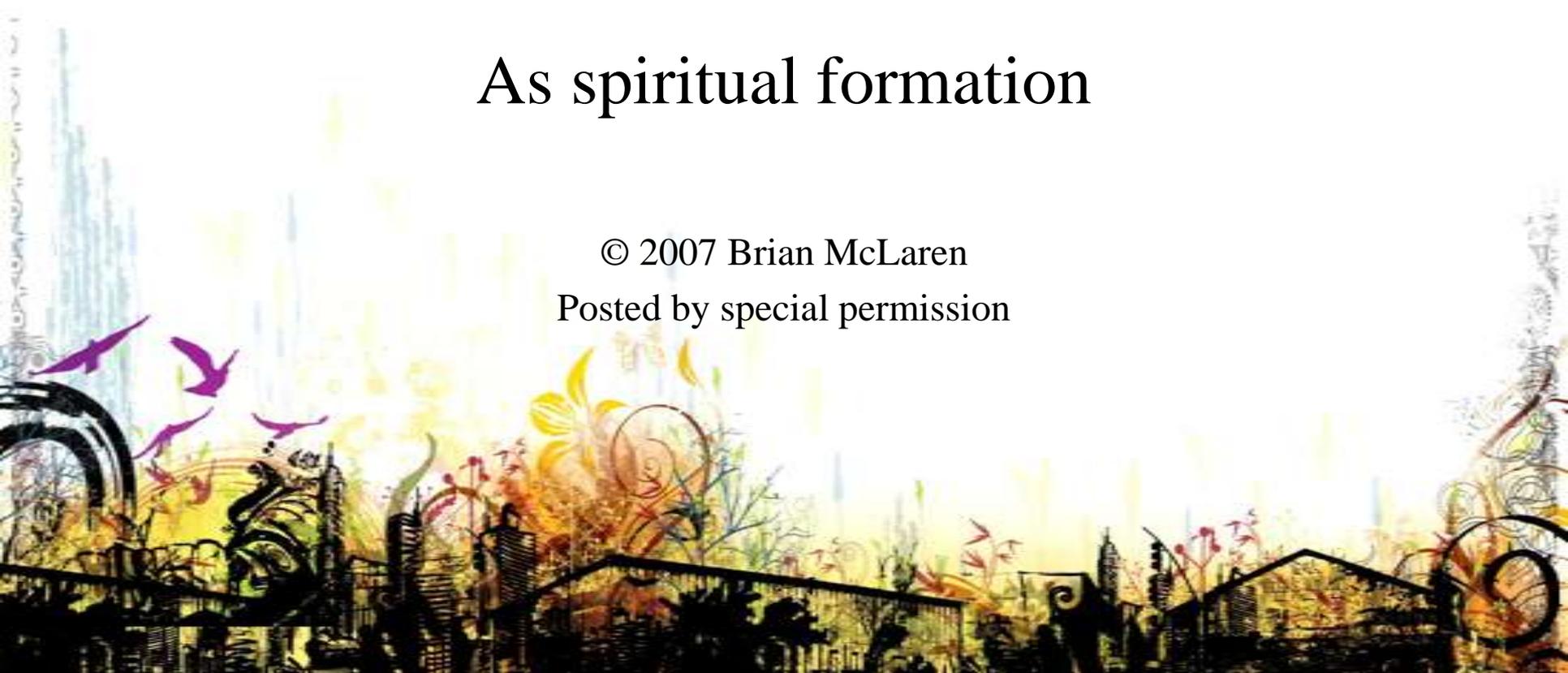


# Public Worship

As spiritual formation

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**Spiritual Formation and  
gathered worship.**

# **Spiritual formation:**

*The development, through  
practice, of people who  
“be,” think, feel, work,  
relate, and play  
... in the way of Jesus.*

# **Spiritual formation:**

*The development of  
disciples.*

make [spiritually form] disciples  
**...teach them to do**  
all I have commanded you.

(Matthew 28)

**I have given you an example**  
... love one another as I have loved  
you.

(John 13-15)

**to be conformed**  
**to the image of God's Son**

(Romans 8)

**... be transformed  
by the renewing of your  
minds.**

(Romans 8)

**... I will show you the most  
excellent way ...  
follow the way of love**

(1 Corinthians 12-14)

**...until Christ**  
is formed in you.

(Galatians 4:19)

**Spiritual formation involves  
intentional spiritual practices  
(or disciplines) so people can  
learn a way:**

***Actions within our power which we do  
to train ourselves to do things  
currently beyond our power, and to  
become people we are currently  
incapable of being.***

***-Running a marathon***

***-Playing the guitar***

***-Learning Chinese***

***Actions within our power which we do  
to train ourselves to do things  
currently beyond our power, and to  
become people we are currently  
incapable of being.***

**-And if you're part of a  
local congregation, you're  
already doing many of  
them!**

**Spiritual formation  
through gathered  
worship ...**

**gathered worship as  
spiritual formation**

# **Gathered (or Public) Worship**

**Liturgy: A planned succession  
of group practices and rituals.**

# Rituals:

**Practices done *to bond to the meaning* they represent.**

# **Ritualism:**

**Performing the prescribed  
action without connection to  
the intended meaning:  
religion on autopilot.**

**How can we maximize  
gathered worship for  
spiritual formation as  
disciples?**

*(How can we avoid spiritual  
malformation through ritualism or  
autopilot religion?)*

# **1. Inconvenience:**

**Going to a place I didn't  
choose**

**At a time I didn't choose**

**For a purpose I do choose.**

**(Hebrews 10:24-25)**

## **2. Association**

**Associating with some people  
I like**

**And others I don't like**

**For a purpose I believe in.**

**(Romans 15:7)**

# **3. Speed**

**Altering my pace to see what  
I've missed and to feel a  
different rhythm.**

**Speeding up ... slowing down**

**(Hebrews 3:15)**

## **4. Hospitality**

**Using my presence and our space to help “the other” feel welcome in my presence, and in the presence of our community.**

**(1 Corinthians 11:33)**

# 5. Public Prayer, Creed and Song

**Allowing our hopes, dreams, concerns, beliefs,  
and desires to be formed and aligned with God's  
will ... together.**

**Desire for justice, mercy, peace**

**Desire for honesty, humility, gratitude, truth**

**Desire for God's kingdom, honor, power, glory**

***Desire for good desire formation!***

**(Romans 15:5-6)**

## **6. Attentiveness**

**Waiting for what I may receive  
only by waiting receptively.**

**(1 Peter 2:2)**

# **7. Generosity**

**Taking greater pleasure in being  
productive (fruitful) than  
consumptive.**

**(2 Corinthians 8:7)**

# **8. Modeling**

**Exposing apprentices to  
masters**

**In prayer, teaching, artistry,  
faithfulness, service,  
hospitality, etc.**

**Contemplative and charismatic  
models ...**

**(1 Thessalonians 1:6)**

# **9. Catholicity/global concern for “the other”**

**Quoting others**

**Affirming others**

**Praying for others**

**Inviting others**

**(Ephesians 4:1-6)**

# 10. Mystery

**“Flat” actions versus layered actions...**

**Layers of meaning in the eucharist**

**(1 Corinthians 10:16-17, 11:23 ff)**

- **The cup of thanksgiving**
- **Participation in the body and blood of Christ**

- **One loaf, one body**
- **My body ... for you**
- **Forgiveness of sins**

- **Remember me**  
**covenant in my blood ...**

**Remember the Lord's death until he comes**

- **Until it finds fulfillment in the kingdom of God**

**(1 Corinthians 10:16-17, 11:23 ff)**



**The body of Christ, broken for  
you...**



**The blood of Christ given for  
you...**

# Benediction

**Christ has no body here but  
ours.**

**No hands, no feet here on  
earth but ours.**

**Ours are the eyes through  
which he looks**

**On this world with kindness.**

**Ours are the hands through  
which he works.**

**Ours are the feet on which he  
moves.**

**Ours are the voices through  
which he speaks**

**To this world with kindness.**

**Through our smile, our touch,  
our listening ear,**

**Embodied in us,**

**Jesus is living here.**

**So let us go now**

**Filled with the Spirit**

**Into this world**

**With kindness.**

**Through our smile, our touch,  
our listening ear,**

**Embodied in us,**

**Jesus is living here.**

**So let us go now**

**Filled with the Spirit**

**Into this world**

**With kindness.**



