



Kairos: School of Spiritual Formation

Invitation to a Journey

Two Perceptions of the Spiritual Journey

1. When spirituality is viewed as a static possession, the way to spiritual wholeness is seen as the acquisition of information and techniques that enable us to gain possession of the desired state of spirituality.
2. When spirituality is viewed as a journey, the way to spiritual wholeness is seen to lie in an increasingly faithful response to the One whose purpose shapes our path, whose grace redeems our detours, whose power liberates us from crippling bondages of the prior journey and whose transforming presence meets us at each turn of the road. In other words, holistic spirituality is a pilgrimage of deepening responsiveness to God's control of our life and being.

The Nature of Spiritual Formation

Too often spiritual formation is seen as something “added on” to our personality that solves all our emotional, psychological, physical and mental problems. When this happens, potentially serious emotional, psychological, physical and mental problems can be repressed or covered over with a veneer of “spirituality” that claims to solve the problem. Our spirituality is not an “add-on,” it is the very essence of our being. We are spiritual beings whose emotions, psychology, body and mind are the incarnation of our spiritual life in the world.

Much of what passes for spiritual formation these days is a very privatized, individualized experience. It does not enliven and enrich the body of Christ. Neither does it play itself out in the dynamics of life in the world. We believe that corporate and social spirituality is an essential part of our holistic spiritual formation.

Spiritual formation is a journey in which we are being transformed into the image of Christ as we live in communion with God. This journey involves not only our thoughts about God (theology) but also the actual experience of God's transforming presence in daily life and prayer. On this journey we become what God has created us to be. We become persons of compassion, persons who forgive, persons who care deeply for others and the world, persons who offer themselves to God to become agents of divine grace in the lives of others and their world.

“Let the same mind be in you that was in Christ Jesus.” Philippians 2:5

“Do not be conformed to this world, but be transformed by the renewing of your minds.”
Romans 12:2

In *Soul Feast* Marjorie Thompson writes that the spiritual life “is the increasing vitality and sway of God's Spirit in us . . . moving us toward communion with both Creator and creation.” Jesus summarized the whole law in the command to “love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength” and to “love your neighbor as yourself.” (Mark 12:30-31) This is God's transforming work in us, bringing all creation to spiritual wholeness.