

SPIRITUAL GROWTH

Do not entertain the notion that you ought to advance in your prayer. If you do, you will only find you have put on the brake instead of the acceleration. All real progress in spiritual things comes gently, imperceptibly, and is the work of God. Our crude efforts spoil it. Know yourself for the childish, limited and dependent soul you are. Remember that the only growth which matters happens without our knowledge and that trying to stretch ourselves is both dangerous and silly. Think of the Infinite Goodness, never of your own state.

Evelyn Underhill

Read [read passage twice]

Silence 3-5 minutes* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

Respond [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

Rest [read once]

Rest in God's grace, in silence 2-3 minutes

*The time allotted for each period of silence can vary.

DRS
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