

Anglican Spiritual Formation

- Guiding principle of Anglican spiritual formation: *lex orandi, lex credendi* (roughly, the way we pray shapes the way we believe)
 - What does this mean?
- What is spiritual formation? Robert Mulholland defines it as “the process of being formed in the image of Christ for the sake of others.”
 - What do you think of this definition of spiritual formation? How does it fit with the idea of *lex orandi, lex credendi*?
- Anglican resources for spiritual formation:
 - Book of Common Prayer
 - Weekly liturgy
 - Liturgical calendar
 - Daily prayer
 - Engaging all of our senses
 - Openness to historical traditions of spiritual formation
 - Openness to the role of the arts in spiritual formation
- Resources:
 - Daily Office app for your phone
 - Pray as You Go app and website (uses the Roman Catholic daily lectionary)
 - *The Divine Hours* by Phyllis Tickle (3 volumes)
 - *Hour by Hour* (simplified daily prayer)