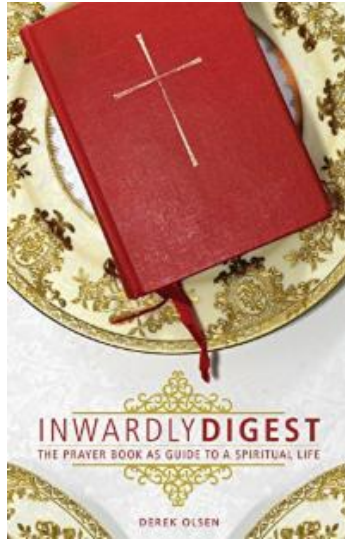


Tuesday Evening Forum
Series #17: *Inwardly Digest: The Prayer Book as a Guide to a Spiritual Life*
Week 1: Chapter 1, Fundamentals
Tuesday, May 14, 2019



Fundamentals

Liturgical – a set of spiritual practices that use established formulas to structure regularly occurring worship services.

- For Episcopalians/ Anglicans, that forms the basic principle of our spiritual practice.

Spirituality – a set of thoughts, ideas, feelings, habits, and practices that lead us deeper into the reality of God.

- At the heart of Anglican liturgical spirituality is *The Book of Common Prayer*.

A (really!) brief history of the first *Book of Common Prayer* in 1549. (pp. 6-7)

“Common” means in community, not simply ordinary.

- “This book contains a lot of ‘we’ and ‘us’ language; hopefully not much ‘I’ and ‘you.’ That’s not just a stylistic convention. Rather, it is born out of the conviction that this whole spiritual business that we’re engaged in is a group activity. We don’t—we can’t—do it by ourselves, and indeed, trying to do it solo is frequently one of the warning signs that we’re going off track. Instead, we practice our spirituality with a community of other people who are alternately supporting us, challenging us, frustrating us, and reminding us what authentic love looks like.” (p. 8)

Why do we need spirituality? (pp. 13-14)

- God already loves us and is reaching out to us in a variety of ways.
- The state that we are in needs to be transformed by God, through God, and toward God. We have a role in this process, as well.
- We have been created in the image of God.
- BUT, we fall short of the promise of God's pattern for us through our own choices, the choices of others, the choices that society makes and heaps on us, and as a result, we lose sight of who and what we are. We invest in stories at odds with God's story, stories about riches and success and fame where what matters is getting ahead...or needs and hungers and habits where what matters is quieting the cravings.

The Structure of the Prayer Book

- Table of Contents – How is the BCP organized?
 - Daily Prayer Cycle
 - The Eucharist
 - The Life Cycle
 - Holy Orders
 - Other important stuff

Basic Principles for Liturgical Worship

- Adoration
- Formation
- Repetition
- Variation
- Continuity
- Stability

Basic Disciplines for Liturgical Worship

- Why do we need disciplines?
- Participation
- Attentiveness
- Memorization
- Diligence
- Stability
- Intentionality