

Trinitarian

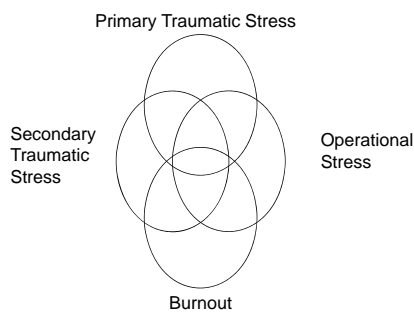
“Christian Spirituality is about a process of formation. We are formed by, and in, Christ. It is a form of Christ-[ening]-being clothed with Christ, and so being transformed.”

Leech, K 1980. Spirituality and Pastoral Care. London: SPCK. Spiritual Con/Formation

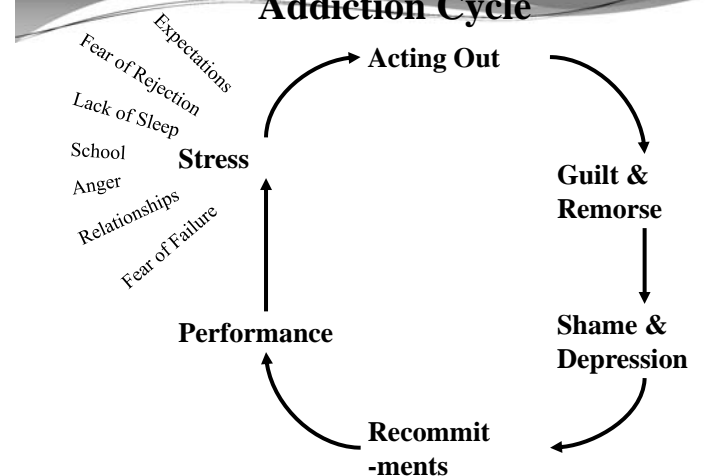
塑造與心靈健康的挑戰

- 身體-疲乏、心靈-思慮煩擾
- 靈性-軟弱、關係-斷裂
- Oliver Davies: theology of compassion

Care Giver, Compassion Fatigue Synergistic Effects

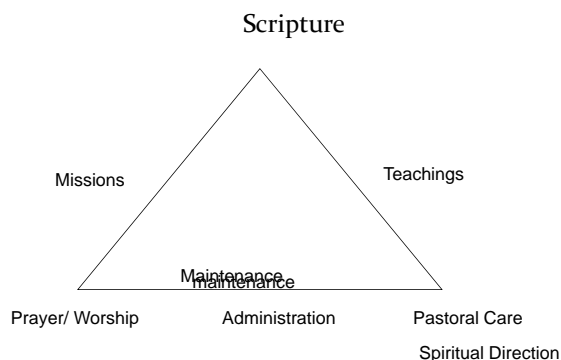


Addiction Cycle



Eugene Peterson

Working the angles



Towards Recovery

- Holistic Care, self intimacy
- Live By True Grace, spiritual practices
- Stop Performing for approval.
- Recognize and reconcile tensions and resentments that destroy self worth.

Realization of our true selves

The question...is not to speculate about how we are to contact the world – as if we were somehow in outer space – but how to validate our relationship, give it a fully honest and human significance, and make it truly productive and worthwhile for our world.

Love and Living, Thomas Merton

Merton: person- and wisdom-oriented

- the goal is to help ourselves develop a free and mature personal identity - not a pseudo-identity formed in response to some model in popular culture
- Merton's contemplative view: to become a person involves very much becoming aware of one's fundamental relatedness to others, involves more deeply recognizing that God's love which is at the heart of our own being and identity unites us to the heart of all being, is the hidden ground of all life.

Towards Self Care

- 愛惜身體、保護心思
- 開放自己、認識接納並饒恕自己
- 成為神呼召的你-不亢不卑、合乎中道
- 屬靈操練
- 屬靈引導
- 屬靈群體

Resilience 韌力

The ability to:

- 持續力
- 反彈力
- 適應力
- 柔韌力
- 信心力
- 進深力

Other questions to consider

- Emotional
- Prayer Life
- What is my motivation for ministry? – Need to feel accomplishment – Prove my competence to someone? – Sacrificing myself for God?

門檻 Spiritual Practice

Vogelin	Augustine	Julian of Norwich	Desert Fathers	Balthazar
Paul Tillich	Thomas Merton	Eugene Peterson	James Houston	Dallas Willard

A Thirst for God: Jesuit, Cistercian, spiritual direction, Connection

Value, Pilgrimage

I died for you, my friend
I died for you, my child
I died for you, my soul-friend

Vulnerability

我只是我

Matthew 5:3



Spirituality of imperfections

Purgation
Illumination
Union

Alien

Powerlessness
Uselessness
Gentleness

Pilgrim

Joy
Peace
Freedom

His beloved

我在基督裡

- Self Care –understanding, integration
- Self Awareness– God has not allowed burnout pain to destroy me because He loves me. God has not left me. God wants to minister out of “who” I am more than “what” I do.
- Sabbath, spiritual journal, soul friend,
- Self understanding and acceptance

Vocation 不再是我

- On my way home
- Prayer: expanding perception
- Compassion: fellow pilgrims

X programs

人生的終極價值及意義

- Being Transformed

Project	vs	Vocation
Behavior	vs	Virtue
Conduct	vs	Personality
Success	vs	Joy and Peace
Service	vs	Freedom

Towards Community

- Find a safe group of people to be yourself.
- Practice healthy boundaries. Practice reaching out to others and receiving without conditions attached. (beware of co-depending relationship, false self Christian groups)
- Find things to do that bring rest, refreshment and enjoyment. Discover self worth that allows you to receive blessing and enjoyment.



Alternative Community

- Alternative consciousness, recreate and nurture the new consciousness defined by Moses and the Exodus.
- Energizing, creating an alternative vision where oppression and injustice need not continue forever. The prophet must bring hope to break through the despair left after grief and the primary way to do this is through doxology, words which defy explanation and move simply to praise