



RENOVARÉ Canada

A Vision for Spiritual Formation in Canada

SPIRITUAL MENTORING PROGRAM

Formative Learning for Faithful Living

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PROGRAM DESCRIPTION

Renovaré Canada's Spiritual Mentoring Program is an 8-month journey structured to help you live your life to the fullest with God! The program involves:

- 16 sessions with a spiritual mentor
 - These will be online via Zoom Chat twice a month to discuss the material being worked through.
- Selected resources to help you develop your spiritual life
 - We will be looking at the different streams of Christianity and sacred pathways, identifying which stream or pathway best suits you and other streams or pathways which could perhaps be a help to you. The spiritual disciplines will also be studied in a devotional format and incorporated into a rule of life.
- A Personality Assessment
 - A personality assessment will be done which can be used to help one identify specific strengths and weaknesses and once identified, spiritual practices will be discussed to help one mature to be healthy spiritually within their personality traits.
- Developing a Rule of Life
 - A Rule of Life can be a great tool in helping one be intentional about their spiritual growth, and can be personalized to fit your life presently.

RESOURCES (student's responsibility to access)

Celebration of Discipline: The Path to Spiritual Growth by Richard Foster

Streams of Living Water: Essential Practices from the Six Great Traditions of Christian Faith by Richard Foster

A Year with God: Living out the Spiritual Disciplines by Richard Foster and Julia L. Roller

Crafting a Rule of Life: An Invitation to the Well-Ordered Way by Stephen Macchia

Signature Sins: Taming Our Wayward Hearts by Michael Mangis

Sacred Pathways: Discover Your Soul's Path to God by Gary Thomas

OUTLINE OF READINGS/SESSIONS

Wind up (4 weeks prior)

- Mentoring Session 1: Initial Information
- *A Year With God: Living Out the Spiritual Disciplines*
 - Introduction: The Bible and the With-God Life
 - How To Use This Book
 - The With-God Life (Days 1-25)
- *Celebration of Discipline*
 - Chapter 1: The Spiritual Disciplines
- *Streams of Living Water*
 - Chapter 1: Imitatio: The Divine Paradigm
- *Sacred Pathways*
 - Part 1: The Journey of the Soul
- Mentoring Session 2: Spiritual Disciplines and Spiritual Growth

Weeks 1 to 3

- *Celebration of Discipline* – Chapter 3 (Prayer)
- *A Year With God: Prayer* (Days 26-45)
- *Streams of Living Water*
 - Chapter 2: The Contemplative Tradition (*Discovering the Prayer Filled Life*)
 - Chapter 3: The Holiness Tradition (*Discovering the Virtuous Life*)
 - Chapter 4: The Charismatic Tradition (*Discovering the Spirit-Empowered Life*)
- Mentoring Session 3: Dimensions of Prayer

Weeks 4 to 6

- *Celebration of Discipline* – Chapter 5 (Study)
- *A Year With God: Study* (Days 46-65)
- *Streams of Living Water*
 - Chapter 5: The Social Justice Tradition (*Discovering the Compassionate Life*)
 - Chapter 6: The Evangelical Tradition (*Discovering the Word-Centered Life*)
 - Chapter 7: The Incarnational Tradition (*Discovering the Sacramental Life*)
- Mentoring Session 4: The Practice of Study

Weeks 7 to 9

- *Celebration of Discipline* – Chapter 10 (Confession)
- *A Year With God: Confession* (Days 66-85)

- *Sacred Pathways*
 - Chapter 3: Naturalists (*Loving God Outdoors*)
 - Chapter 4: Sensates (*Loving God with the Senses*)
 - Chapter 5: Traditionalists (*Loving God Through Ritual and Symbol*)
- Mentoring Session 5: Continued Confession

Weeks 10 to 12

- *Celebration of Discipline* – Chapter 11 (Worship)
- *A Year With God: Worship* (Days 86-105)
- *Sacred Pathways*
 - Chapter 6: Ascetics (*Loving God in Solitude and Simplicity*)
 - Chapter 7: Activists (*Loving God through Confrontation*)
 - Chapter 8: Caregivers (*Loving God by Loving Others*)
- Mentoring Session 6: Daily Worship

Weeks 13 to 15

- *Celebration of Discipline* – Chapter 9 (Service)
- *A Year With God: Service* (Days 106-125)
- *Sacred Pathways*
 - Chapter 9: Enthusiasts (*Loving God with Mystery and Celebration*)
 - Chapter 10: Contemplatives (*Loving God through Adoration*)
 - Chapter 11: Intellectuals (*Loving God with the Mind*)
 - Chapter 12: Tending the Garden of the Soul
- Mentoring Session 7: Acts of Service

Weeks 16 to 18

- *Celebration of Discipline* – Chapter 12 (Guidance)
- *A Year With God: Guidance* (Days 146-165)
- *Signature Sins*
 - Chapter 1: Why Do We Sin?
 - Chapter 2: Pride, Envy, Anger and Gluttony
 - Chapter 3: Lust, Greed, Sloth and Fear
 - Chapter 4: Naming Our Signature Sins
- Mentoring Session 8: Spiritual Guidance

Weeks 19 to 21

- *Celebration of Discipline* – Chapter 2 (Meditation)
- *A Year With God: Meditation* (Days 166-185)
- *Signature Sins*
 - Chapter 5: Temperament and Sin
 - Chapter 6: Culture, Ethnicity and Sin
 - Chapter 7: Gender, Family and Sin
 - Chapter 8: The Biology of Sin
- Mentoring Session 9: The Art of Meditating

Weeks 22 to 24

- *Celebration of Discipline* – Chapter 7 (Solitude)
- *A Year With God: Solitude* (Days 186-205)
- *Signature Sins*
 - Chapter 9: Spiritual Disciplines to Tame the Wayward Heart
 - Chapter 10: Formation in Community
 - Chapter 11: Spiritual Rhythms of Sin and Grace
 - Chapter 12: Restoring Spiritual Balance
 - Chapter 13: Becoming Who We Are in Christ
- Mentoring Session 10: Solitude and Silence

Weeks 25 to 27

- Mentoring Session 11: Personality Assessment
- *Celebration of Discipline* – Chapter 4 (Fasting)
- *A Year With God: Fasting* (Days 226-245)
- *Crafting a Rule of Life*
 - Part I: Framing Your Personal Rule of Life
- Mentoring Session 12: Fasting for Formation

Weeks 28 to 30

- *Celebration of Discipline* – Chapter 8 (Submission)
- *A Year With God: Submission* (Days 226-285)
- *Crafting a Rule of Life*
 - Part II: Forming Your Personal Rule of Life
- Mentoring Session 13: Submission and Humility

Weeks 31 to 33

- *Celebration of Discipline* – Chapter 6 (Simplicity)
- *A Year With God: Simplicity* (Days 326-345)
- *Crafting a Rule of Life*
 - Part III: Fulfilling Your Personal Rule of Life
- Mentoring Session 14: The Freedom of Simplicity

Weeks 34-36

- Mentoring Session 15: Reviewing Your Rule of Life
- *Celebration of Discipline* – Chapter 13 (Celebration)
- *A Year With God: Celebration* (Days 346-365)
- Mentoring Session 16: Celebration of Life with God

