



Journal and Discussion Guide

Soul Pathway 4

Spiritual Type 1: Heart Spirituality

Use this page to guide your reflection/discussion. You might want to use the back of this sheet of paper to allow plenty of space to respond to the questions.

Heart *Receive*

“Does God have a set way of prayer, a way that He expects each of us to follow? I doubt it. I believe some people - lots of people - pray through the witness of their lives, through the work they do, the friendships they have, the love they offer people and receive from people. Since when are words the only acceptable form of prayer?”

Dorothy Day

Sit with these words for a moment. How do they make you feel? What is your initial reaction to them and to this week's video?

Soul *Relate*

Many people feel like they don't know how to pray. But they must know. Prayer is our soul's innate longing to respond to God's love. People do this in all manner of ways. So perhaps the issue isn't that we don't know how to pray but rather that we don't know what all prayer can be.

Mind *Reflect*

What is prayer to you?

Heart-based spiritual types will connect with prayer as action. Life is prayer for them. In what ways is your life a prayer?

1 Thessalonians 5:17 tells us to “pray without ceasing.” In the Eastern Orthodox Church, they teach what is known as The Prayer of the Heart (aka the Jesus Prayer), “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” Theophan the Recluse, a 19th century Russian spiritual writer, describes three levels of prayer, the third and deepest level being the point at which prayer is no longer something we do but who we are. Pretty out there for a “recluse.” And a perfect summation of Heart-based spirituality.

Strength *Respond*

Our spiritual practice this week is to explore Ignatian Examen, which helps us reflect on the actions during our day and become more aware of the presence of God in our daily living. You can find a variety of resources online:

1. A written guide can be found at <http://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>
2. An audio guide is at <http://pray-as-you-go.org/prayer-resources/the-examen/>

You will find these links and links about the Prayer of the Heart on the website under this week's Go Farther section.