

Spiritual Companion Training Part 1

The Role of Scripture in Spiritual Companionship

Thy Word is a lamp unto my feet and a light unto my path.
Psalm 119:105

God's Word is a powerful tool as we seek spiritual direction and guidance on our journeys. We trust God to be present in the reading and hearing of His Word. Each time we enter/encounter God's Word we ask, "O Lord, what is it you want me to hear/see today in your Word? What message do you have for me today?"

In this companions/coaching relationship, God's Word gives it shape. You most likely will want to use Scripture as a starting point each time you meet with your spiritual partner. Discuss/reflect on/ask questions that surround a particular image or thought that God may have given you from His Word in between your meetings. For example, in reading the gospels, be aware of the many questions Jesus asks individuals or the crowds. In Mark 10:36, 51, Jesus asks "What is it you want me to do for you?" Imagine Jesus asking you that same question today.

How will you answer? Think openly over Jesus' questions and perhaps ask your spiritual partner to answer which may frame your time together as you listen. Allow him or her to share how they might be struggling to answer Jesus' questions. Other options for discussion might be:

Encourage your spiritual partner to write their self into a particular Bible story. Imagine yourself receiving healing from Jesus (examples, Mark 2:1-13). Imagine Jesus inviting you to "Come away with me by yourself to a quiet place and get some rest." (Mark 6:31). Ask, "What's that like for you?"

Perhaps your spiritual partner may wish to use a journal to record initial responses and then share some of them with you at the next session. Lesson eight of this on-line training is devoted to journaling. Let God's Word be a source of fuel to your own journey as you seek to go deeper in your relationship with Jesus.

You may wish to encourage your spiritual partner to "chew on" a particular verse or passage from a Sunday message or Sunday School class/Bible study. The following guidelines and questions focus on one word or phrase of God's Word that popped out. This method of praying the Scriptures is called "lectio divina" and it invites us to read a passage 4 times, slowly, with silence and space in between each reading.

Reflections: Read Ephesians 6:11

1. Choose a literal word from this verse.
2. Think about all the symbolic words or memories/images that come to you as you welcome and repeat that word.
3. Ask God questions about all that's come to your mind and heart. How does it connect to your life, what do you feel you're battling? How might God use this message in your life right now?
4. Rest with all your thoughts and ideas/images/questions....letting them go and imagine sitting in God's lap, being with God.

As you get distracted, keep coming back. Write a paragraph or two about your experience with lection divina. Give some thought as to how might you wish to use this in your spiritual companionship with your partner, and record this as part of the reflection exercise?

When you are finished, SAVE this file and attach it to an email message (or copy and paste everything to a new email message) to ellen@fpcnorfolk.org. Please use the file name as the Subject line.

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