

## **Spirituality: Assignment**

1. Christian spirituality was described as a way of being, thinking, choosing, and acting in light of one's lived relationship with God. Who is God for you? How would you describe your lived relationship with God: your spirituality?
2. In light of "Jesus of Nazareth: The Truest Self: A Reflection," how would you describe Jesus' spirituality? What would you perceive to be some aspects of Jesus' spirituality?
3. Describe some 'spiritual' practice in your life that makes no explicit reference to God. Why is this practice important to you?
4. Describe some daily rhythms or practices you find helpful in remaining attuned to the Spirit's action in your everyday life.
5. Recall a movie you have recently seen or a book you have recently read in which spirituality was operative in the life of one or more of the main characters. How was this spirituality expressed?

## **Spirituality: Books**

Wilkie Au, *The Enduring Heart: Spirituality for the Long Haul* (New York: Paulist Press, 2000)

Parker J. Palmer, *A Hidden Wholeness: The Journey Toward an Undivided Life: Welcoming the Soul and Weaving Community in a Wounded World* (San Francisco: Jossey-Bass, 2004)

Ronald Rolheiser, *The Holy Longing: The Search for a Christian Spirituality* (New York: Image Books, 2014)

Ronald Rolheiser, *The Restless Heart: Finding Our Spiritual Home in Times of Loneliness* (New York: Image Books, 2004)

Ronald Rolheiser, *Sacred Fire: A Vision for a Deeper Human and Christian Maturity* (New York: Crown Publishing, 2014)

Philip Sheldrake, *Spirituality: A Very Short Introduction* (Oxford: Oxford University Press, 2012)

## **The True Self / Jesus of Nazareth: The Truest Self: Books**

James Finley, *Merton's Palace of Nowhere* (Notre Dame, IN: Ave Maria Press, 2003)

Elizabeth A. Johnson, *Consider Jesus: Waves of Renewal in Christology* (New York: Crossroad, 1990)

James Martin, *Becoming Who You Are: Insights on the True Self from Thomas Merton and Other Saints* (Mahwah, NJ: HiddenSpring, 2005)

Johannes Baptist Metz, *Poverty of Spirit* (New York: Paulist Press, 1998)