



Christian Formation 101
Class Schedule

Before Christianity was a list of things to believe, it was a way to live in this world. In this class we will explore the deep well of Christian spiritual practices that have helped our forbearers follow the way of Jesus.

7 February: Introduction to “the Disciplines”

The Inward Way

14 February: Meditation in the Christian Tradition

21 February: Praying in the Way of Jesus

28 February: Fasting, the Discipline of Blessed Subtraction

7 March: The Discipline of Study

The Outward Way

14 March: Simplicity

21 March: Solitude—More than Being Alone

28 March: The Way of Submission

4 April: Easter, no class

11 April: Basin and Towel Service

The Way in Community

18 April: The Way of Confession

25 April: The Gift of Worship

2 May: The Discipline of Guidance

9 May: The Way of Celebration