

For certain men have crept in unnoticed, who long ago were marked out for this condemnation, ungodly men, who turn the grace of our God into lewdness and deny the only Lord God and our Lord Jesus Christ.

JUDE 4

Lewdness – aselgeia – (as-elg'-i-a)

Filthy, exciting disgust, unbridled lust, excess, licentiousness, lasciviousness, wantonness, outrageousness, shamelessness, insolence: as filthy words, indecent bodily movements, unchaste handling of males and females.

Honor your father and your mother,

EXODUS 20:12

And He answered and said to them, “Have you not read that He who made them at the beginning ‘made them male and female,’”

MATTHEW 19:4

And said, “For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’?”

MATTHEW 19:5

**So then, they are no longer two but one flesh.
Therefore what God has joined together, let not man
separate.”**

MATTHEW 19:6

CERTIFICATE *of* IMPURITY

THIS ACKNOWLEDGES THAT

Recipient Name

HAS TRADED IN THEIR PURITY RING IN EXCHANGE FOR THIS CERTIFICATE AND IN DOING SO

*Vows to live a SHAMELESS, open, and free life, with love for themselves
and their body, knowing that they are already holy.*



Signed, Pastor Nadia Bolz Weber

Hereby certified by,
NADIA BOLZ-WEBER 



But, speaking the truth in love, may grow up in all things into Him who is the head—Christ

EPHESIANS 4:15



In the wider ecumenism of the Spirit being opened for us today, we need to humbly accept the learnings of particular Eastern religions . . . What makes a particular practice Christian is not its source, but its intent . . . this is important to remember in the face of those Christians who would try to impoverish our spiritual resources by too narrowly defining them. If we view the human family as one in God's spirit, then this historical cross-fertilization is not surprising . . . selective attention to Eastern spiritual practices can be of great assistance to a fully embodied Christian life.

TILDEN EDWARDS – “LIVING IN THE PRESENCE”

Spiritual disciplines, both East and West, are based on the hypothesis that there is something that we can do to enter upon the journey to divine union once we have been touched by the realization that such a state exists. Centering prayer is a discipline designed to reduce obstacles... choose a sacred word [to repeat]... Twenty to thirty minutes is the minimum amount of time necessary for most people to establish interior silence.

THOMAS KEATING – ROMAN CATHOLIC MONK

JESUS ALSO WARNED HIS DISCIPLES:

And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

MATTHEW 6:7



DALLAS WILLARD CENTER

for Christian Spiritual Formation

WESTMONT COLLEGE



BREATHING THE PASSAGE

RESTING AND REFLECTING

Now take two minutes (or press pause for more time)
to be still with God and meditate.

Sit with your back straight, feet flat on the floor and palms up.

Breathe deeply and release your anxieties to God.

Then focus your attention on a word or phrase
that stood out to you from Psalm 19.

CLOSING PRAYER

Brother Jesus, you have reminded me of my need
to anchor my soul in a place of prayer....

Free me from my restless activity, my slavery to the clock,
my habit of bobbing along on the open sea when you have called me to be still.
When I consider how you consented to enclosure in Mary's womb,
in a narrow manger, in a carpenter's home, on the wooden cross,
in the bread of Eucharist, my heart is moved
to seek enclosure with you.

GLORIA HUTCHINSON

Those who have practiced Transcendental Meditation may be surprised to learn that Christianity has its own time-honored form of mantra meditation. The technique, called Centering Prayer, draws on the spiritual exercises of the Desert Fathers, the English devotional classic, *The Cloud of Unknowing*, and the famous Jesus Prayer. . . . Reliance on a mantric centering device has a long history in the mystical canon of Christianity.

RONALD S. MILLER, EDITOR OF NEW AGE JOURNAL, AS ABOVE SO BELOW (NEW YORK, NY: TARCHER/PUTNAM, 1992), P. 52.

Nonverbal prayer involves learning how to become silent inside. I first learned about nonverbal prayer as a part of other religious traditions. I did not know that it also has a long history in the Christian tradition (even though I had gone to a first-rate seminary; I do not know if it was not taught or if I missed it). It intrigued me. I learned about the use of mantras as a means of giving the mind something to focus and refocus on as it sinks into silence. I was thus delighted to learn later that the Christian tradition not only knows the practice of nonverbal prayer but also includes mantras.

MARCUS BORG, THE GOD WE NEVER KNEW