

Content

Walking and Dancing Together.

An invitation to lived spirituality

Introduction	15
Some practical indications	16
Reading and ongoing conversation	18
Part I: Spirituality – a personal journey	21
1. Walking and talking with God	23
Personal stories	28
Burning hearts – touched by a liberating presence	31
2. Awareness of our gifts to perceive and to relate	35
Differences in personalities	35
Personality shaping spirituality and service	37
3. Conversation with the Bible and with Tradition	43
Trialogue with Tradition	47
Walking together at the crossroads of life	47

Part II: Inspired by the sources of faith	51
4. Contemporary methods for studying the Bible	53
Lectio Divina	53
Three Phase Model	57
Bible study in liberation theological perspective	65
Singing the Bible	70
5. Living with the Saints	73
Who are the saints?	73
The veneration of saints	75
God's love bridges our life and the Saints	76
Part III: Growing through challenges	81
6. Power and authority: God, the other and ourselves	83
Social interdependence	85
Trusting the voice of the heart	86
Discovering self-authority through convivial learning	89
Learning to start all anew	92
Resilience in hope: self-authority	95
7. Living with vulnerability – a prayerful life	101
Sustaining moments of retreat	101
How we can practice prayer	103
Body postures in prayer	104
Speaking with God	104
8. Dealing with temptations	107
Material well-being as an end in itself	108
Fascination by power	108
Fending off vulnerability and suffering	110
Sustained through the life affirming God	113

Part IV: Receiving joy into our living together	117
9. Divine images: building up our spirituality	119
The Icon of the Trinity – conviviality in God	120
Mary’s praise of the compassionate God	124
Images of the life-giving Spirit	129
Counter circles that break conviviality	132
The joy of communion	134
10. Joining the dance	137
Companionship	139
A prayer of thanks	141
REFERENCES	142
Online sources	143
Unpublished sources	144