

▲ SESSION 2 HANDOUT:

Saint Patrick's Breastplate Prayer

I arise today

Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness of the Creator of creation.

I arise today

Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgment of doom.

I arise today

Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today, through

The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

I arise today, through

God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,

God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill, afar and near.

I summon today

All these powers between me and those evils,
Against every cruel and merciless power
that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me an abundance of reward.

Christ with me,

Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today

Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness of the Creator of creation.

▲ SESSION 2 HANDOUT:

I Know My Doing Exceeds My Being When...

1. I can't shake the pressure I feel from having too much to do in too little time.
2. I am ignoring the stress, anxiety, and tightness of my body.
3. I am concerned with what others think.
4. I am often fearful about the future.
5. I am always rushing.
6. I am defensive and easily offended.
7. I am preoccupied and distracted.
8. I fire off quick opinions and judgments.
9. I feel unenthusiastic about or threatened by the success of others.
10. I spend more time talking than listening.

Taken from Emotionally Healthy Discipleship by Peter and Geri Scazzero.

SESSION 2 HANDOUT:

Finding Your Spiritual Path

Table 1. Finding Your Spiritual Path

Note: These words are meant to suggest, not to define or to limit understanding.

Preferred Attitude, Function, or Lifestyle	Extraversion (E)	Introversion (I)	Sensing (S)	Intuition (N)	Thinking (T)	Feeling (F)	Judgment (J)	Perception (P)
Primary Arena	World/Other	Ideas/Self	Body	Spirit	Mind	Heart	Will	Awareness
Preference for	Action	Reflection	Sensory reality Details Status quo	Possibilities Patterns Change	Objective values	Subjective values	Initiative	Response
Significant Aspects of Reality	Exterior	Interior	Immediacy Concreteness	Anticipation Vision	Theory Principles	Feeling Memory Ideal	Product Categorical	Process Conditional
Windows Through Which God's Revelation Is Received	People Events Scripture Natural world	Individual experience Inspiration Inner world	Society Institutions "The Seen"	Insight Imagination "The Unseen"	Reason Speculation	Relationships Emotions	Order "Ought"	Serendipity "Is"
Significant Aspects of God	Immanence Creator <i>Imago Dei</i>	Transcendence Identity of God and Inner self	Incarnation	Mystery Holy Spirit	The Absolute Principle First Cause	Relational Familial (e.g., Father)	Judge Ruler	Redeemer Healer
Approach to Bible, Religious Experience	Social	Solitary	Practical Literal	Symbolic Metaphorical	Analytical Abstract	Personal Immediate	Systematic	Of-the-moment
Avoids (Hell)	Exclusion Loneliness	Intrusions Confusion	Ambiguity	Restriction Repetition	Inconsistency Ignorance	Conflict Estrangement	Helplessness Disorder	Regimentation Deadlines
Seeks (Heaven)	Participation Reunion	Incorporation Fulfillment	Physical harmony Faithfulness Obedience	Aesthetic harmony Mystical union	Conceptual harmony Enlightenment Justice, Truth	Personal harmony Communion Appreciation	Closure Productivity Work ethic	Openness Receptivity Play ethic
Prayer	Corporate	Private	Sensuous (eyes, ears, nose, hands, mouth)	Intuitive	Cognitive	Affective	Planned	Unplanned
Natural Spiritual Path	Action	Reflection	Service	Awareness Service or Embodiment	Knowledge	Devotion	Discipline	Spontaneity
Needed for Wholeness	Reflection	Action or Participation	Awareness or Understanding	Service or Embodiment	Devotion	Knowledge	Spontaneity	Discipline

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▲ SESSION 2 HANDOUT:

Following Your Spiritual Path

Table 2. Following Your Spiritual Path

Note: Our aim is a balanced, centered spirituality. These words are meant to facilitate understanding, not to stifle individuality.

Spiritual Path	Action E	Reflection I	Service S	Awareness N	Knowledge T	Devotion F	Discipline J	Spontaneity P
Some Positive Expressions	Assertiveness Building community	Independence Deepening community	Love Pleasure	Ecstasy Anticipation	Equanimity Objectivity	Compassion Rapport, Trust	Discrimination Competence	Acceptance Serenity
Some Negative Expressions	Anger Attack	Fear Withdrawal	Attachment	Elation Depression	Apathy Criticalness	Sentimentality Overprotectiveness	Inappropriate control Judging others	Failure to take responsibility
Underdevelopment May Lead to	Isolation Lack of circumspection	Emptiness Dependence	Abstraction Overlooking	Flatness	Confusion	Coldness Distrust	Loss of purpose Indecision	Premature closure, Baseless conclusions
Overdevelopment May Lead to	Impatience Shallowness	Withholding Idiosyncrasy Inappropriate intensity	Idolatry Frivoly Inappropriate conformity	Illusion Impracticality Stubbornness Fickleness	Reductionism Cynicism Dogmatism Rumination	Credulity Personalizing Blaming	Rigidity Perfectionism	Passivity Impulsiveness Procrastination
Special Temptations and Vulnerabilities	Distraction Suggestibility	Inaction Inclusion by others	Superstition Suspicion Fear of change	Primitive sensuality Psychogenic illness	Emotional explosion, exploitation, indulgence Contaminated thinking	Idealizing authority Pseudo- objectivity Hurt feelings	Self- righteousness Scruples	Rebelliousness Carelessness
Needed for Wholeness	Reflection	Action or Participation	Awareness	Service or Embodiment	Devotion	Knowledge	Spontaneity	Discipline

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