

# ***“Learning to keep company with Jesus”***

## ***Spiritual Friendship***

*Jesus was never a Lone Ranger. Spiritual formation is not a solo event! Adele Ahlberg Calhoun*

### ***Questions for Reflection***

- 1.** Who is one person in your life that offers you a safe, non-judgmental place where you feel like you are really listened to?
- 2.** Who is one person whom you think you could talk to about your relationship with God, your deepest longings – about your prayers, about whether God feels close or far away?
- 3.** How comfortable are you talking about your relationship with God?
- 4.** How able are you to deeply listen to another without offering advice or jumping in with your own stories? Are you willing to learn?

### ***Spiritual Friendship***

***“As friends open their spiritual journeys to one another, they both step onto holy ground. Spiritual friends donate themselves to one another in love.”*** A. A. Calhoun

#### **1. What is a spiritual friendship or spiritual friendship group?**

- A person or small group of people who help us pay attention to God’s presence and activity in our lives.
- People who ask “how is it with your soul?”
- A safe place and place of confidentiality.
- A place of honesty, questioning, lamenting, rejoicing, and wondering aloud.
- A place where silence is welcomed as well as words.
- A place for learning how to listen.
- A place where friendship goes deeper than information and opinion sharing.
- A place and time where our souls are cared for.

#### **2. What happens within a spiritual friendship?**

- Varies based on interest.
- Share about your life since you met last; invite others to listen for patterns, questions, emotions, etc. that may indicate how the Spirit of God is present to/within you
- Share faith stories.

- Share around a specific theme - grief, prayer, etc.
- Use a book that helps you listen for and reflect on God's presence in your life (eg. Companions in Christ series)
- Pray for each other.
- Serve together somewhere.

***\*If you're interested in participating in a spiritual friendship/group:***

a) speak to Barb S-M if you'd like some guidance or have more questions.

b) spend time with God and ask God for wisdom and to bring someone(s) to mind.