

Accepting responsibility for your spiritual life The educational designs of this book are directed toward helping adults engage their own spiritual life. To put it another way, it is to help people engage the Holy Spirit at work within them. The exercises create a space in which we may choose to accept more responsibility for our spiritual life. Our hope is that the priests and facilitators using these designs will create an environment that is both accepting and challenging. We look for acceptance and challenge grounded in respect for human dignity. Reverence is given to the person even when we may believe that the choices made are incorrect or shallow. We are to trust that the work of the Holy Spirit continues in that person, as wrong as they may be. And we are to trust that the work of the Holy Spirit continues nudging us to humility and curiosity. We offer the traditional methods and practices of the Church to each person. And we do so knowing that it is that individual who must connect the practice to their own temperament, gifts, and circumstances. We are convinced that the Anglican tradition is tilted toward maturity in Christ and a pathway into adult religion. The Holy Spirit nudges. We respond.

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