

## **“The Complementary Roles of Personal Worship and Corporate Worship in Spiritual Formation”**

Calvin Symposium on Worship, January 25 & 27, 2007, 1:45-2:45 p.m.

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### **WHAT IS SPIRITUAL FORMATION?**

- “Spiritual Formation is the process, of being conformed, to the image of Christ, for the sake of others.” (M. Robert Mulholland Jr.)

### **HOW DOES PERSONAL WORSHIP NURTURE SPIRITUAL FORMATION?**

- **Daily Quiet Time**
  - “A Guide to Prayer for Ministers and other Servants of the Lord” by Rueben P. Job & Norman Shawchuck, 1983, The Upper Room, ISBN: 0-8358-0559-X “For every pilgrim who yearns for God”.
  - How do you use this book?
  - It follows the Liturgical Year
  - Weekly Themes include:
    - Invocation
    - Psalm for the week
    - Daily Scripture Readings based on the weekly theme
    - Sunday Scripture reading which follows the Common Lectionary
    - Reading for reflection, to speak to your life and ministry
    - Prayers for the church, for others, and for yourself
    - Reflection: silent and written
    - Weekly Hymn
    - Benediction
- **Personal Spiritual Retreat: A Time of Prayer, Fasting, and Renewal**
  - Why a personal spiritual retreat? (see handout)
  - These personal spiritual retreats can last a half a day, a day, a weekend, or a week.
  - Keep a journal of your personal spiritual retreats. Record the date, the retreat theme, your concerns, introductory thoughts, your prayers, your confessions, your questions, your reflections on the Scripture passages you read, the songs you sing, and your resolutions.
  - Retreat Guide: Prepare yourself for a conversation with the living God by spending leisurely time in Adoration, Confession, Thanksgiving, and Supplication. You can do this by meditating on Scripture, praising God specifically for who he is, exploring some metaphors of God, confessing personal & corporate sins, expressing your thanks to God, and by singing songs & hymns. Once you have done this preparatory work you will know better who God is and who you are as you approach him with your specific questions and concerns. After you have poured out your heart to God, be quiet and listen for his still small voice, as he speaks to you in love.

## HOW DOES CORPORATE WORSHIP NURTURE SPIRITUAL FORMATION?

- **By Repetition and Refreshment in Traditional and Contemporary Worship**

### Some Components of Traditional Sunday Worship

Prelude – Prepare your hearts to meet God  
Call to Worship –  
Opening Litany  
Opening Hymn  
Greeting  
Hymn  
Confession  
Assurance of Pardon  
Creed, Reading of the Law, The Lord's Prayer  
Offering  
Hymn  
Scripture Reading  
Sermon  
Prayer  
Communion  
Hymn  
Benediction

### Some Components of Contemporary Worship

Opening Praise Songs  
Drama  
Prayer  
A Chorus of Scripture  
Prayer of Confession  
Offering  
Scripture  
Meditation  
Prayer  
Song  
Communion Celebration  
Song  
Blessing

- **By Corporate Worship that Celebrates the Rhythm of the Liturgical Year**

Materials Published by Rev. Harry Winter, Akron CRC, Akron, OH [hrwinters@ameritech.net](mailto:hrwinters@ameritech.net)

- Advent Liturgy
- Epiphany and the Sundays that Follow Liturgy
- Sovereignty of God Liturgy
- Ash Wednesday
- The Sundays in Lent Liturgy
- The Paschal Liturgy
- A Good Friday Service
- Easter
- The Sundays of Pentecost Liturgy
- The Liturgy for the Sundays of Trinity Liturgy
  
- The Congregation is invited to do Daily Lectionary Readings, which are published for them each year as Year A, Year B, Year C.
- Encourages active participation of artists, poets, children, men, women, musicians, liturgical dancers, and provides instruction on the rhythms of the liturgical year.

## HOW DO PERSONAL AND CORPORATE WORSHIP COMPLEMENT EACH OTHER in the PROCESS OF SPIRITUAL FORMATION?

- They work together for good. Personal worship builds an **individual's** relationship with God, helping to form them into the image of Christ. Corporate Worship builds a **community of individual believers** who together bear the image of Christ. They join with other communities of believers who together form **the Body of Christ, that Christ might be known in this world, by those looking for him, and by those whom he is looking for.**

## PERSONAL SPIRITUAL RETREATS: A TIME OF PRAYER, FASTING, AND RENEWAL

*It started out as a discipline, but it ended up as an on-going love relationship with the living God.*

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After my junior year of college I spent the summer as a student in the month long "School of Discipleship Training" sponsored by Inter-Varsity Christian Fellowship. Our curriculum was broad and deep. I learned a lot in four weeks about how to become a leader and a life-long disciple of Jesus Christ. Although it wasn't part of the official curriculum, one of the staff challenged us early on to use our "day off" in camp as a day of prayer and fasting to intercede for all of the hungry people of the world. I'd never done a spiritual fast before and although I cared about hungry people, I decided I didn't care enough about them to skip a whole day of food on their behalf. As much as I wanted to drop the whole troubling idea of "a day of prayer and fasting", the whole troubling idea of "a day of prayer and fasting" wouldn't drop me. I found myself wondering if there was ANYTHING that I DID CARE ENOUGH ABOUT that I'd be willing to skip a whole day of food for. I finally decided to spend the day fasting and praying for the spiritual growth of my father. That was something I was definitely concerned about and it became a day I'll never forget. The answers to my prayers were quite immediate and dramatic. It also marked the beginning of a new spiritual discipline in my life: regular spiritual retreats (a morning, a day, or a weekend set aside to spend with the Lord in prayer, fasting, and renewal).

I've kept a journal of my spiritual retreats over the years. They are like markers and monuments of my spiritual growth and development. I always pick a theme for my personal retreats. I've developed a flexible prayer guide that I use as a framework to structure the day. What began as a difficult and foreign discipline in my life, developed into an intimate venue for deepening my love relationship with God over the years. Now I look forward to those days that I have set apart to spend in praise, confession, thanksgiving, and supplication in the same way that an adoring wife looks forward to a private and intimate get away with her beloved husband. I pray, I walk, I talk, I listen, I write, I sing, I draw, I read, I dance, I cry, I sleep, I play, I laugh, I ask questions, I am asked questions, I search the Scriptures, I love, and I am loved. Spiritual retreats can nail you to the wall, bring you comfort, give you guidance, and allow you to leisurely enjoy the delightful company of our captivating God. Give it a try. You'll learn to like them and then you'll learn to love them. I promise. Take a moment right now and consider the important issues in your life and ministry that need to be addressed in the presence of the Lord in a spiritual retreat. Mark your calendar for the rendezvous and expect attempts of sabotage, but don't let anything diver you. You won't regret it. It will become a day you will never forget.

## A Spiritual Retreat Exercise to Practice the Resources in Rhythm:

**Practice Adoration:** (using a psalm or a phrase from a psalm on the retreat guide)

Read the phrase below from Psalm 8:1. Ask the Holy Spirit to help you use these thirteen simple words to express praise and adoration to our God. God is Lord. Can you honestly acknowledge God as the Lord of your life? What does it mean? What needs to happen in your life to honestly praise God as LORD? Praise God in all his majesty. How has God's majesty already been reflected in your life today? Praise God for the wonder of his many names. List five names of God in the margins of this handout and lift them high in praise and adoration to God for a few minutes. Reflect on how all creation and the creatures of earth express praise and adoration to God each day. Repeat this phrase from Psalm 8 throughout the day in adoration of our God.

Psalm 8:1 *O Lord, our Lord, how majestic is your name in all the earth!*

**Practice Confession:** (pick a corporate or personal sin to confess from the attached retreat guide)

Name the sin. Ask the Holy Spirit to bring to mind the times and places where you have practiced that sin. Consider how that sin hurts others, yourself, and God. Confess the sin. Ask God for forgiveness. Receive God's assurance that "If we confess our sins, God is faithful and just and will forgive us our sins and cleanse us from all unrighteousness." (I John 1:9)

**Practice Thanksgiving:** (Express thanksgiving to God using the words and melody of the chorus below as a refrain.)

### Alleluia, Alleluia! Give Thanks

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Capo 3: r Refrain F(D) Dm(Bm) Gm(Em) C(A)

Al - le - lu - ia, al - le - lu - ia! Give thanks to the ris - en Lord. Al - le - lu - ia, al - le - lu - ia! Give praise to his name.

F(D) Dm(Bm) Gm(Em) C(A) F(D)

The musical score is for a guitar accompaniment. It features a key signature of one flat (B-flat) and a 3/4 time signature. The piece is marked 'Capo 3' and 'Refrain'. The melody is written on a treble clef staff, and the bass line is on a bass clef staff. The lyrics are: 'Al - le - lu - ia, al - le - lu - ia! Give thanks to the ris - en Lord. Al - le - lu - ia, al - le - lu - ia! Give praise to his name.' The chords indicated are F(D), Dm(Bm), Gm(Em), and C(A). The piece ends with a final chord of F(D).

**Practice Supplication:** (Draw out the questions and concerns from the depths of your heart)

Pick a question or concern that you would like to bring before the Lord. Write it down as you lay it lovingly at God's feet, and then patiently listen...

## Personal Spiritual Formation: A Guide for Prayer and Fasting in Personal Spiritual Retreats

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*I invite you to keep a journal of your Personal Spiritual Retreats. Record the date, the retreat theme, your concerns, introductory thoughts, prayers, confessions, questions, Scripture readings, insights, songs, hymns, etc.*

### ADORATION

**Scripture:** I Samuel 2:1-10  
Job 38 & 39  
Psalm 8  
Psalm 19  
Psalm 29  
Psalm 66  
Psalm 145  
Psalm 150  
Isaiah 40:10-31

### Attributes of God:

Holy  
Wise  
Loving  
Merciful  
Gracious  
Just  
Righteous  
Good  
Immutable  
Omniscient  
Omnipresent  
Eternal  
Compassionate  
Forgiving  
Majestic  
Sovereign  
Faithful  
Creative  
Humble

### Metaphors of God:

Shepherd  
Rock  
Bridegroom  
Vine  
Living Water  
King  
Lamb  
Bread of Life  
Redeemer  
Shield  
Door  
The Life  
Truth  
The Way  
Light  
Fire  
Judge  
Healer  
Good News

**Sing Songs of Adoration:** "Psalter Hymnal" (Gray Psalter): 186, 284, 405, 436, 462, 469, 471, 483, 494, 495, 556, 560, 579. "Sing a New Creation" (Green): 21, 24, 41, 42, 43

## CONFESSION

**Scripture:** Psalm 32  
Psalm 38  
Psalm 40  
Psalm 51  
Psalm 103  
Psalm 139

### Corporate and Personal Sins to Confess:

Selfishness	Gluttony	Independence
Jealousy	Lust	Conceit
Revenge	Impatience	Skepticism
Pessimism	Insecurity	Irritability
Greed	Pride	Prejudice
Resentment	Hypocrisy	Bitterness
Lack of Love	Deceit	Anxiety
Laziness	Hatred	Fear

**Sing Songs of Confession:** Gray Psalter: 255, 256, 263, 265, 267, 473. Green: 53, 56, 59, 61.

## THANKSGIVING

**Scripture:** Psalm 100  
Psalm 118  
Psalm 136  
Philippians 4:6-7  
Colossians 3:16-17  
I Thessalonians 5:16-18

**Express Thanksgiving:** Consider the theme of your prayer time and give thanks.

**Sing Songs of Thanksgiving:** Gray Psalter: 182, 402, 437, 454, 527. Green: 216, 219, 220, 222.

## SUPPLICATION

**Scripture:** Psalm 34  
Psalm 46  
Psalm 55  
Psalm 56  
Psalm 69  
Psalm 121  
Ephesians 1:15-19

**Supplication & Intercession:** Consider the theme of your prayer time and offer prayers of supplication and intercession.

**Sing Songs of Supplication and Intercession:** Gray Psalter: 23, 42, 46, 265, 285, 448, 493, 543, 544, 575. Green: 196, 200, 202, 203.