

Beginnings: The Spiritual Life, by Andy Langford, Mark Ralls and Rob Weber

Length: 10 weeks

Includes: DVD, and leader and participant guides; book can be purchased if class wants to read as part of study

This video-based, small-group study of Christian spirituality introduces and explores spiritual "habits of the heart", including centering, loving, serving, questioning and engaging. Each session includes a meal, video presentation and small-group discussion. It is intended to be a follow-up study to *Beginnings: An Introduction to Christian Faith*, but can be used as a stand-alone program. Session themes:

- Where is the Spirit in Spirituality? (Introduction to the Spiritual Life)
- How much am I willing to risk? (The Spiritual Habit of Courage)
- What is most important to me? (The Spiritual Habit of Loving)
- Can I find balance in a whirlwind world? (The Spiritual Habit of Centering)
- What do I want to be when I grow up? (The Spiritual Habit of Simplicity)
- How do I keep my possessions from possessing me? (The Spiritual Habit of Giving)
- How do I get ahead? (The Spiritual Habit of Serving)
- Can I go deeper without going under? (The Spiritual Habit of Trusting)
- What can I do with my doubts? (The Spiritual Habit of Questioning)
- Can a change in me change the world? (The Spiritual Habit of Engaging)