

## NOTES

### Atlantic School of Discipleship November 2025

#### Session 1 November 11, 2025 -- Introduction

##### Basic Assumptions about a Faith Story

- You have a faith story -- it is uniquely yours & shares elements with others' stories
- It is a story that you can "unpack" & understand & share
- You can recognize its place in your life & develop your ability to speak about it
- You can ponder your relationship with the Divine & sharpen your awareness
- You are a disciple of Jesus – someone who is a follower of a teacher, seeking to model their life on the example of that person; discipleship is not the same as schooling (which implies a few hours taken out of the day)

##### What does following mean?

- Shaping our lives in a certain way
- We want to understand the content of the teachings
- We want to comprehend the application in our lives.
- Discipleship is about Life
- Only when we have some clarity about faith in our own life can we imagine speaking to others with credibility

##### Gentleness with Yourself & Others is vital

*Always be ready to give an answer to those who ask about the hope that is in you, but do so with gentleness and respect (1 Peter 3:15-16)*

- *Always ready*
- *Hope in YOU*
- *Gentleness & Respect*

##### Types of Pilgrimages

Discipleship is a journey – from where we are to where we might be

Camino de Santiago in a famous pilgrimage

The Haj is a Muslim pilgrimage – to a holy site in Mecca

There are similar concepts in many of the world's religions – the idea of a journey as a part of our spiritual growth and discovery

These are all ways of participating more deeply in the wonderful gift that is life

##### Fredrich Buechner, *Your Life*

*See it for the fathomless mystery that it is. In the boredom and the pain of it no less than in the excitement and gladness of it, touch, taste, smell, hear, speak your way into the holy and hidden heart of your life because, in the last analysis, all of the moments are key moments and life itself is grace.*

##### The Primary Focus of the Spiritual Journey

- *We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.*
  - *T S Elliot, "Little Gidding"*

## NOTES

Imagine the spiral as the course of your life. The line is something we return to over and over again. For example, a particular story of Jesus. Each time we encounter the story, our understanding may have changed because we have changed. It doesn't mean that the way we once understood it is wrong; it's just not the wisdom we have now. The spiritual life is like that. We encounter and re-encounter events, people, moments, texts and so on, but may experience them differently because we are different

### Exercise 1 The Faith Life Line – Questions to ponder

Take a sheet of paper and turn it horizontally

Mark across the top divisions of years –choose whatever increments you want.

The line across the middle is the division between positive and negative - how **you** perceive events in your life

Then reflect on major events in your life – positive and negative in your perception – and put them in the appropriate place – what time frame in terms of your life and whether you experienced them as positive negative or neutral

- Why do those events evoke those feelings in me?
- What specifically makes them a high or a low?
- Who was present who helped or hindered me at those times?

### Exercise 2 The Windmill

