

1. Pray
2. Housekeeping
3. Recap:
  - a. Returning to our first Love
    - i. Rev 2:4-5 (p. 1028)
  - b. Personal Renewal as Recommitment or Rededication of Love
    - i. Definition of Love: Seeking the good of the other for the sake of the other.
      1. For humans, love is a *choice*.
    - ii. Repentance – *metanoeo*
  - c. Problem: Sin
    - i. Disordered Love
      1. Aptitude vs. Ability
      2. Recall from week #1 – Distractions/Complacency -> idolatry
        - a. Busy/Tired
        - b. Creature Comforts
        - c. Distracted
        - d. Enchanted
    - ii. Two Cities:
      1. City of Man (World/Flesh/Kingdom of Darkness)
      2. City of God (Kingdom of God/Heaven/Light/The Church)
        - a. City of God in the midst of the City of Man
          - i. Cf., 1 Peter 2:11 (p. 1015)
4. Questions
5. A note on our cultural moment:
  - a. Third Culture – Philip Rieff, *My Life Among the Deathworks*.
    - i. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Cultures
    - ii. Ephesians 6:10-13 (p. 979)
      1. Cf., Rev. 2:7 “He who has an ear, let him hear what the Spirit says to the churches. *To the one who conquers* I will grant to eat of the tree of life, which is the paradise of God.”
      2. Cf., also, John 17:3 (p. 903)
  - b. The means and spoils of our *spiritual*<sup>1</sup> warfare: JESUS!
6. Prayer and Asceticism...as warfare.
  - a. Prayer:
    - i. What is it?
      1. “Prayer is turning my heart toward God, to listen and to speak with him.” ACNA Catechism, Q. #154.
        - a. Attention/focus in order to see/know Him. (Pin)
    - ii. Why?

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<sup>1</sup> Note, historically, “spiritual” implied also the physical/material as the spiritual and physical participated in one another. I am using the term here in the historical sense. Note also, that in Christ’s resurrection, He receives a *spiritual* body – that is, a material body that is transformed (or, perhaps better, transfigured) to be like the angels’ bodies – spiritually material.

1. “I should pray because God calls me to do so, because I was made for fellowship with him, because I need the help of his Holy Spirit, and because he has promised to answer the prayers of his people.” – ACNA Catechism, Q. #157 (see Holy Scripture references provided there)
  2. Let us add, to imitate Christ, the Master!
    - a. Apprenticeship – we become what we imitate and we gain what we become.
- iii. When?
1. 1 Thes. 5:17 “Pray without ceasing.”
  2. Daily Offices – *BCP19* pp. 11-88
  3. Other resources for you at STP2: livestream, Thursdays at 1pm, prayer at the rail.
- iv. What/How?
1. “I should pray the Lord’s prayer, the Psalms, the collected prayers of the Church [i.e., *BCP*], and my own prayers as the Spirit leads me.” – ACNA Catechism, Q. # 158
    - a. Lord’s Prayer
      - i. An archetypal Collect
      - ii. Types of prayer: Praise, intercession, petition for provision/protection, and confession of sins.
    - b. Romans 8:26-27 (p. 944)
- b. Asceticism
- i. *Askesis* = “training”
    1. 1 Cor. 9:24-27 (p. 957)
      - a. In Greek: “I pummel my body and make it a slave.”
  - ii. Why?
    1. To obtain the prize: JESUS!
    2. Also, virtue and happiness.<sup>2</sup>
  - iii. How?
    1. Mortification of the Flesh.
      - a. “*I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the son of God.*” – Gal. 2:20
      - b. Mark 8:34-36 (p. 844); cf., Matt 16:24-26 & 10:38-39
        - i. Distinction between “world” and eternal life.
        - ii. How is this gained?
          1. Matt 18:7-9 (p. 823); Matt 5:27-30
    2. Fasting
      - a. What?

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<sup>2</sup> For a great discussion of virtue and happiness listen to, Young Heretics Podcast, episode 140.

- i. Abstaining from one good for the sake of a greater good.
      - 1. Greatest good?
  - b. Why?
    - i. Imitate Christ, the Master; Train/discipline desires; spiritual focus; virtue;
  - c. When?
    - i. Seasons (liturgical or otherwise); Wednesday and Friday; as needed...
  - d. What goods?
    - i. Food and drink.
    - ii. Technology
    - iii. Other goods: sleep, marital relations, speaking, shopping...
- 7. Closing prayer: *BCP19*, Occasional Collect #11 (p. 649)