



The necessary daily part

"Give us this day our daily bread..."



To be a companion

Com pan' ion

From the latin "com," meaning "with" + "panis," meaning "bread"

Noun: one that accompanies another. A sacred companion is a form of soul care, a one on one relationship centered around prayer and conversation directed toward deepening intimacy with God.

If I'm to be a spiritual companion to others, I need to put myself through the daily process of being molded, kneaded and shaped by God, through his word, through prayer, through examen and experiences, all of which are from him. My time with him is my daily bread, and I must have it if I hope to offer it to others.



Got bread?

"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never thirst."

Jesus, John 6:35

A basic daily bread recipe

Creating a rule of life for a spiritual director has much in common with bread making. Baking homemade bread can be challenging to even the most experienced home cooks. It's not like making a stew or grilling up a steak. There are a lot of steps and techniques and many ways to stray from the path. Experience is a good teacher, and instruction is necessary. In addition to discipline and technique, it also requires patience and a certain amount of

trust. The following is a recipe for making a basic yeast "bread" with step-by-step instructions that should help take most of the mystery out of bread making. The process of spiritual formation remains a mystery, but the basic steps are the ingredients that help me rise, follow and "become" who I'm called to be. in Christ.

more on **2**



“A little yeast leavens the whole lump of dough.”

Galatians 5:9

Steps for making daily bread out of a lump of dough

Ingredients:

- ▣ 30-45 minutes of solitude
- ▣ Heavy pinch of Scripture
- ▣ 2 cups devotional reading
- ▣ 2 pounds (approximately) centering prayer
- ▣ 1 Tablespoon examen
- ▣ 2 Tablespoons margin
- ▣ A little extra journaling for good measure

Begin the day by sitting with God in a listening posture. Into your 30 minutes of solitude, add in Scripture and stir. Sit with God in centering prayer and let this mixture rise. Add in either devotional reading or examen and knead. Allow enough margin to let the mixture rise again. Then season with journaling and the dough is ready to bake. The daily furnace is always hot, so allow 14-15

hours cooking time before removing from oven. Finally, share your labor of love with friends and family. Bread doesn't keep long, so give it away.



Daily

Contemplative prayer,
Meditation, Devotional reading,
Solitude
Connecting time with my family
Margin for other relationships
Eat close to the earth
Practice gratitude

Weekly

Lead Women's Bible study/Praying the Psalms
Spend time outdoors
Church, connections with other women
Regular date night with Darel
Work out 4-5 times
Plan healthy, organic meals



Mission: to listen, to live, to love (compassion/charity) out of my centeredness in Christ, trusting him for my daily bread.

Monthly

- Spiritual direction with Hallie
- Offer direction to my own directees
- Small group 2x/monthly
- Go for a hike at a state park
- Tithe, balance statement
- Healthlink detox ministry
- Play games/ping pong/dance night at home
- Spend time helping at the farm
- Fast from all forms of technology

Seasonally

- Assess and prioritize home projects, indoors and outdoors
- Assess tithe on profit sharing, cks in mail

Annually

- Plan silent day retreat near start of year
- State of the union chat with Darel
- Dentist 2x/yr., Doctor for annual physicals
- Help with tax documentation
- Review investments

Rule of Life for Daily Breadmaking

Leslea Linebarger/2013