

Christian Spirituality: Core Beliefs and Themes



These nine video slideshows with associated handouts were presented by Philip St. Romain, M.S., D. Min. as part of the *SpiritLife* formation program offered through Heartland Center for Spirituality in Great Bend, KS between 2006 and 2018.

- Ideal for individual and/or group study
- No fee. Permission to circulate this material is granted.
- Consultation or spiritual direction with Philip available upon request.
<https://shalomplace.com/direction>

1. Human Spirit, Holy Spirit

<https://www.youtube.com/watch?v=hNTCy3BCJLA>

This lecture presents a holistic understanding of human nature as organism, psyche and spirit. The attributes of human spiritual consciousness in its embodiment are discussed, with examples of its functions, needs and pathologies. Christian spirituality is defined as spirituality practiced in the context of Christian faith, attentive to the guidance of the Holy Spirit. 39 min.

Handout: <https://shalomplace.com/inetmin/handouts/spirituality.pdf>

Additional study

- God and I: Exploring the Connections Between God, Self and Ego* book
<https://shalomplace.com/view/godandi.html>
- A Christian Understanding of God and Creation* podcast
<https://philstromain.podbean.com/e/a-christian-understanding-of-god-and-creation/>
- Thoughts on the Human Soul* podcast
<https://philstromain.podbean.com/e/thoughts-on-the-human-soul/>

2. Encountering Christ

<https://www.youtube.com/watch?v=a3b-j3Dwieg>

Reviews basics of Christian spirituality, and how we encounter the risen, ascended Christ through his four modes of presence to us: personal, community, sacramental and cosmic. 38 min.

Handout: <https://shalomplace.com/inetmin/handouts/encountering.pdf>

Additional study

- Jesus Alive in Our Lives* book
<https://shalomplace.com/view/risenview.html>
- Jesus on the Cross: Why?* book
<https://shalomplace.com/view/crucifixion.html>
- Prayer in the Christian Tradition online booklet
<https://shalomplace.com/res/prayer.html>

3. Theosis and Transformation

<https://www.youtube.com/watch?v=TDvGwyWxqQM>

Theosis refers to our participation in the divine nature through Christ. We enter this process through faith, and grow through ongoing conversion and the grace of the Holy Spirit. We review different images of theosis from Scripture and ways the theotic process is at work in our lives. 44 min.

Handout: <https://shalomplace.com/inetmin/handouts/theosis.pdf>

Additional Study

- a. *The Theotic Process*: short summary
<https://shalomplace.com/theosis/index.html>
- b. *Spiritual Transformation* short summary
<https://shalomplace.com/res/principles.html>

4. The False Self System: Origins, Characteristic, Theological Implications

<https://www.youtube.com/watch?v=VKspTUZYtCI>

Sin/non-love has wounded us all, and has catalyzed the development of a false-self system that sabotages our growth in many ways. This presentation examines the origins of the false-self system and its negative influence in our individual lives and in society. Implications for theology and spirituality are also reviewed, with suggestions on how to break free from the influence of this conditioning. 54 min.

Handout: <https://shalomplace.com/inetmin/handouts/fss.pdf>

Additional Study

- a. *Origin of the False Self System* worksheet
<https://shalomplace.com/res/orgfss.html>
- b. *Characteristics of the False Self System* worksheet
<https://shalomplace.com/res/flslf.html>

5. The Inner Nature of Faith

<https://www.youtube.com/watch?v=bllCBWQE7-c>

What do we mean by faith, and why is faith necessary for relationship with God? This presentation reviews the dynamics of faith -- belief, trust, surrender -- and contrasts three types of faith: humanistic, theistic, and theotic. 47 min.

Handout: <https://shalomplace.com/inetmin/handouts/faith.pdf>

Additional Study

- a. *The First Great Commandment* podcast
<https://philstromain.podbean.com/e/the-first-great-commandment/>
- b. *The Inner Nature of Faith* book, by James Arraj
<http://innerexplorations.com/catchtheomor/the1.htm>

6. People of the Trinity

<https://www.youtube.com/watch?v=hX-08ndE3B4>

Why do Christians believe God is Father, Son and Holy Spirit, and what difference does it make? This presentation reviews the early history of the development of the teaching on God as Trinity, and how this became formulated using concepts from Greek philosophy. Images of the Trinity from common experience and as conveyed by artists are also presented. Finally, we note the implications of Christian spirituality -- God, Who is intrinsically loving, enfolding us as Creator, Redeemer, Sanctifier. 49 min.

Handout: <https://shalomplace.com/inetmin/handouts/trinity.pdf>

Additional Study

- a. *The Trinity: what difference does it make?* discussion
<https://shalomplace.org/eve/forums/a/tpc/f/18910625/m/20610965/p/1>
- b. *God for Us: The Trinity and Christian Life*, by Catherine Mowry Lacuna
<https://amzn.to/3xQEg0k>

7. **Gift of the Spirit**

<https://www.youtube.com/watch?v=MR6ymB5J3k0>

Christ came to share the Holy Spirit with us, to empower us to live and love as he did. This presentation reflects on the ministry of the Spirit within and among us, with emphasis on the Spirit's guidance in everyday living. Gifts and fruits of the Spirit are also reviewed. 41 min.

Handout: <https://shalomplace.com/inetmin/handouts/spirit.pdf>

Additional Study

a. *Come Holy Spirit* video series

<https://www.udemy.com/course/come-holy-spirit/>

b. *Discussion board teachings and interactions on the Holy Spirit*

<https://shalomplace.org/eve/forums/a/frm/f/18110765>

8. **The Four Conversions**

Reviews the importance of ongoing religious, intellectual, moral and psychological conversion in living life to the full. Each of these is discussed, with suggested disciplines, and the interactions between the four are reviewed. 46 min.

<https://www.youtube.com/watch?v=vSFWjIIHJIJ>

Handout: <https://shalomplace.com/inetmin/handouts/conversion.pdf>

Additional Study

a. *Spiritual Living Skills* online booklet

<https://shalomplace.com/res/spir-skills.pdf>

b. *Twelve Steps to Spiritual Wholeness* book

<https://shalomplace.com/view/12steps.html>

9. **Spiritual Growth Stages**

<https://www.youtube.com/watch?v=D9SeUWogfO0>

Video slideshow presentation on the Three Ways or stages (purgative, illuminative, unitive) of spiritual transformation as understood in traditional Christian spirituality. Characteristic struggles, issues, and work to be done for each are discussed in terms of how the Spirit is drawing one to deepening union with God. This process is not characterized by sharp steps whereby one moves from one stage to another, but a gradual movement of growth. 41 min.

Handout: <https://shalomplace.com/inetmin/handouts/stages.pdf>

Additional Study

a. *A Short Summary of Mystical Theology* worksheet

<https://shalomplace.com/res/mystsum.html>

b. *The Interior Castle*, by St. Teresa of Avila

<https://amzn.to/3BJZii9>

See <https://shalomplace.com/inetmin/spiritcourse.html> for web page with this info and updates.

PDF version: <https://shalomplace.com/inetmin/spiritcourse.pdf>

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