



# Confirmation through an Adult Lens

## Westminster Presbyterian Church Adult Education

Reflections for Topic 9, Class #15

*What does it mean to say one is spiritual, but not religious?*

Below is a list of traditional “Spiritual Practices.” Which have you experienced? Which resonate with you? Which would you like to explore more?

- Meditation
- Prayer
- Fasting
- Study
- Simplicity
- Solitude
- Submission
- Service
- Confession
- Worship
- Guidance/Discernment
- Celebration

Begin forming your “Credo.” (Read the *Advent Credo*, on the back of this handout.) What can you affirm at this point in time? Can you identify something about God, Jesus, and the Holy Spirit that you believe?

How is the worship life of Westminster similar or different than other worship experiences you have had? What do you think is the most important element of worship? Worship at Westminster has three major movements. Can you identify them? (Hint: look at Sunday’s bulletin.)

What are the different seasons of worship you have experienced? Can you identify powerful experiences you have had at different times of the

liturgical year? What are they? What has made you feel comfortable or uncomfortable; connected or disconnected?

***Advent Credo, by Allan Boesak, South Africa***

It is not true that creation and the human family are doomed to destruction and loss—

This is true: For God so loved the world that He gave his only begotten Son, that whoever believes in Him shall not perish but have everlasting life;

It is not true that we must accept inhumanity and discrimination, hunger and poverty, death and destruction—

This is true: I have come that they may have life, and that abundantly.

It is not true that violence and hatred should have the last word, and that war and destruction rule forever—

This is true: Unto us a child is born, unto us a Son is given, and the government shall be upon his shoulder, his name shall be called wonderful counselor, mighty God, the Everlasting, the Prince of peace.

It is not true that we have to wait for those who are specially gifted, who are the prophets of the Church before we can be peacemakers—

This is true: I will pour out my spirit on all flesh and your sons and daughters shall prophesy, your young men shall see visions and your old men shall have dreams.

So let us enter Advent in hope, even hope against hope. Let us see visions of love and peace and justice. Let us affirm with humility, with joy, with faith, with courage: Jesus Christ—the life of the world.