

O Heavenly King, the Comforter, the Spirit of Truth, Who are everywhere & fills all things; Treasury of blessings & Giver of Life, come & abide in us & cleanse us from every impurity, and save our souls, O gracious Lord.



**ORTHODOX SPIRITUAL RENEWAL**

# What is Orthodox Spiritual Renewal?





- **LET'S LOOK AT IT**  
***APOPHATICALLY***- i.e., what  
Orthodox Spiritual Renewal (OSR) is NOT

- OSR is NOT *rearranging the furniture...*
- OSR is NOT getting more people in our parish...
- OSR is NOT getting an "American" Orthodox Church" ...
- OSR is NOT getting more press...
- OSR is NOT pleasing everyone...
- OSR is NOT having any disharmony in the parish...

OSR is just  
that:

ORTHODOX

...

- **Grounded in the Teachings, Practices & Spirituality of the Orthodox Christian Faith**
  - ❖ **Teachings :**
    - ✓ Holy Scriptures (*Revelation*)
    - ✓ Holy Fathers & Mothers
    - ✓ Ecumenical Councils
    - ✓ Canons
    - ✓ Lives & Writings of the Saints
    - ✓ Prayers of the Church

## ORTHODOX *(continued)*

### ➤ PRACTICES

- PERSONAL PRAYER
- CORPORATE PRAYER
  - ❖ DIVINE LITURGY
    - ✓ FREQUENT COMMUNION
  - ❖ ORTHROS & VESPERS
- WEEKLY & SEASONAL FASTING  
*(not just food)*
- REGULAR CONFESSION
- SPIRITUAL DIRECTION

**SPIRITUAL**

...

➤ **GROUNDING IN THE HOLY SPIRIT**

❖ NOT A MAN-MADE, PACKAGED PROGRAM

❖ AIMED AT THE DEEPEST PART OF OUR HUMAN EXISTENCE – OUR SPIRITS, SALVATION, OUR SOUL

✓ WHILE IT IS “SPIRITUAL”, IT WILL HAVE AN EFFECT UPON THE TOTAL PERSON: BODY, SOUL & SPIRIT

**RENEWAL**

...

➤ **NOT TOTALLY NEW, BUT A  
RE-NEWAL**

- ❖ RENEWAL OF OUR BAPTISM
- ❖ RENEWAL OF OUR CHRISMATION
- ❖ RENEWAL OF OUR PERSONAL COMMITMENT TO CHRIST
  - ✓ JESUS CHRIST FIRST, THEN THE CHURCH

# RENEWAL *(continued)*

- **RENEWAL OF OUR BAPTISM**
  - DO YOU RENOUNCE SATAN?
  - DO YOU RENOUNCE ALL HIS WORSHIP, SERVICE & PRIDE?
  - DO YOU UNITED YOURSELF TO CHRIST? (*UNION WITH CHRIST*)
  - DO YOU BELIEVE IN HIM AS **KING** & **LORD**?



# RENEWAL *(continued)*

## ➤ RENEWAL OF CHRISMATION

### ❖ THE SEAL OF THE GIFT OF THE HOLY SPIRIT

- ✓ POWER (*DYNAMIS*)
  - ✓ GIFTS (*CHARISMATA*)
  - ✓ VIRTUES/FRUIT OF THE SPIRIT
- ### ❖ PRESERVE THE SEAL INVIOLOATE
- ### ❖ ADD TO THE GRACE GIVEN
- ### ❖ BAPTISM OF THE HOLY SPIRIT

# RENEWAL *(continued)*

## ➤ RENEWAL OF OUR PERSONAL COMMITMENT TO JESUS CHRIST

### ❖ PERSONAL ENCOUNTER W/ JESUS CHRIST

- ✓ Let us commit ourselves, each other & all our life to Christ our God"
- ✓ Life in the Christ is intentional, not accidental

# RENEWAL

*(continued)*

- Put our full faith, trust & confidence in Christ Himself & what He has accomplished for us:
  - ❖ In His Incarnation
  - ❖ On the Cross
  - ❖ His descent to Hades
  - ❖ His Resurrection
  - ❖ His Ascension
  - ❖ His sending of the Holy Spirit
  - ❖ His Second & Glorious Coming again *(by anticipation!)*

# ORTHODOX SPIRITUAL RENEWAL MUST...

- **BE GROUNDED IN THE CHURCH'S TEACHINGS & SPIRITUALITY**
  - **BE PERSONAL**
  - **BE INTENTIONAL**
  - **BE EXPERIENTIAL**
  - **BE CONTEMPORARY**
  - **BE TRANSFORMATIVE**
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